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METRO'S REEL GUYS ARGUE THE MONUMENTS MEN MOVIE IS NOT SO, WELL, MONUMENTAL

PAGE 15



Piper paid for being talented before it paid off

Metro editor and ex-mascot recalls booing hockey star when she played for rival school's team

PAGE 12

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PAGE 10

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Phil Nolan, far right, who plays drums in the band that often accompanies Prime Minister Stephen Harper, is facing multiple charges of sexual assault and sexual interference. Inset: Nolan, left, leaves the Ottawa courthouse with his lawyer, Lou Strezos. CHRIS YOUNG/THE CANADIAN PRESS; INSET: JOE LOFARO/METRO

PM's drummer charged with sex assault

Harper 'shocked'
Ottawa school teacher suspended



JOE LOFARO
joe.lofaro@metronews.ca

The RCMP say Phillip I. Nolan, who plays drums in a band that often accompanies Prime Minister Stephen Harper, is facing charges of sexual as-

sault and sexual interference against two girls.

A spokesman for Harper says the Prime Minister's Office is "shocked and disturbed" by the charges, which allegedly involve two girls under the age of 14 at the time of the incidents.

Nolan, 43, is also a teacher at Avalon Public School, a middle school in east Ottawa. The Ottawa-Carleton District School Board said Nolan was removed from the classroom

when an investigation began and was suspended Thursday after Ottawa police laid the charges.

Nolan faces five counts each of sexual assault, sexual interference, and sexual exploitation.

After a court released him on a \$5,000 bond Thursday afternoon, his Toronto-based lawyer, Lou Strezos, said his client is also "very shocked" about the charges.

"He has no criminal rec-

ord," said Strezos. "He maintains his innocence."

Police allege the incidents took place between 1998 and 2000 when Nolan's was a Grade 7 and 8 teacher. An investigation began in November 2013 after a complainant went to police.

Court documents alleged the offences happened in Ottawa and the Greater Toronto Area over two years.

Police said in a news release they are concerned there

could be other complainants in the case.

The musician was the drummer with the band Herringbone and performed with Harper on Dec. 1, 2013 at the Metro Toronto Convention Centre as the Prime Minister announced his recent trip to Israel. The PMO said it had no inkling of the matter and anyone found guilty of such offences "should face the full force of the law."

WITH FILES FROM THE CANADIAN PRESS

Black Violin show a 'coup' for capital city



South Florida group mixes classical, hip-hop and hoe-down, has opened for Alicia Keys and played Obama's inauguration — and now they'll be gracing l'il ol' Ottawa with their presence

PAGE 6

Too fat, too thin— Biggest Loser can't catch a break



After dropping 60 per cent of her body weight, woman catching flak for her new 105-pound frame

PAGE 21



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Saving bus money by the bell

\$3.3 million in savings. School start and finish times could change for 100-plus Ottawa schools



TREVOR GREENWAY
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In an effort to save more than \$3 million a year in transportation costs, the Ottawa Student Transportation Authority (OSTA) is planning a major overhaul of bell times for more than 100 Ottawa-area schools, some whose start times could be affected by a whole hour.

The change won't happen overnight. OSTA General Manager Vicky Kyriaco said there will be ongoing consultations with parents and schools before a decision is made next December. The changes won't go in effect until the September 2015 school year.

"We understand change is difficult and it's disruptive to families' lives," she said. "We want to go and do it right and then people can settle back into their family routines and carry on without having a series of changes year after year after year as we try to find efficiencies."

Kars on the Rideau

One of the schools facing a time change is Kars on the Rideau, which, if approved, would start school an hour later at 9:15 a.m.

- Kars Principal Rick Haggard said while it's too early to speculate how the change would affect his school, with a 60-minute change there would be some aftereffect.
- "Any change has an impact," he said. "Each family will be impacted differently, each community will be impacted differently. We will find the positives and we will have to be adaptive."

The changes would create three standard bell times for schools in both the Ottawa Carleton District School Board and the Ottawa Catholic School Board to allow buses to be used on three different routes every morning.

It would limit how many buses are needed and help the OSTA save an estimated \$3.3 million per year. Four schools would have a time change of 45 minutes or more, some earlier and some later.



The Ottawa Student Transportation Authority is planning a major overhaul on bell times for more than 100 schools to save \$3.3 million in transportation costs. METROLAND NEWS SERVICE

Coroner releases daycare shooting report



A man and child at the scene of a shooting in Gatineau on April 5, 2013.
SEAN KILPATRICK / THE CANADIAN PRESS

A coroner's report on a deadly daycare shooting in Gatineau say it is "unclear" how the gunman entered the facility.

The report, released Wednesday by the Quebec Bureau du Coroner, outlines the tragedy at the Racines de Vie Mon-

tessori on April 5, 2013.

Robert Charron entered the daycare on rue Gamelin with a registered hunting rifle and told staff members to take the 53 children outside. He opened fire and shot 38-year-old Neil Galliou before taking his own

life. Galliou, an art teacher at the daycare, was rushed to hospital where he was pronounced dead.

The coroner's report says the door locked from the inside and it's "unclear" whether it was left unlocked or whether

Galliou unlocked it himself.

The report confirms Charron had recently separated from the daycare director. He was struggling with their marital problems, but refused to seek help, the report said.

LUCY SCHOLEY/METRO

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Lawyer Selwyn Pieters is seen in Toronto last June. The Ontario Court of Appeal ruled a tribunal was right to find he and two other black colleagues were racially profiled when asked for ID at a lawyers-only lounge at the courthouse in Brampton, Ont. COLIN PERKEL/THE CANADIAN PRESS

Lawyers examine racial profiling in the legal system

Talk. University of Ottawa event to focus on addressing barriers, discrimination faced by minorities



JOE LOFARO
joe.lofaro@metronews.ca

The judiciary needs to be better educated in dealing with cultural and religious differences to avoid racial profiling and making unfounded assumptions, says an Ottawa-based lawyer.

Anne London Weinstein is set to speak Friday at the University of Ottawa about racial profiling, and her experience

representing Muslim clients. Toronto-based lawyer Selwyn Pieters and Crown prosecutor Marlyse Dumel will also give speeches about their experiences at Perspectives of Racial Profiling.

Racial profiling is a frequent and sometimes unconscious part of bail hearing processes, Weinstein said Thursday. Her firm recently represented a client of Middle Eastern descent accused of domestic assault who was lectured by a justice of the peace about honour killings.

"I think it's inappropriate. I think it's a violation of section 15 of the Charter. And that's what we're talking about," said Weinstein. "These are assumptions and they can be conscious or unconscious."

Pieters won a five-year human rights battle after being told to present ID when he and a fellow lawyer and articling student entered a law lounge at the Brampton, Ont., courthouse. Pieters, who is black, did not have his robes on and was targeted by the woman in charge of the lounge.

"I was humiliated and angry at the same time," Pieters said Thursday. "We still have the justice system where black males are underrepresented, whether as lawyers or judges, (but) who tend to be consumers of that system," he said. "We have no blacks in the Supreme Court yet."

The talk will be held in Room 302 of the Fauteux building at 4 p.m.

Let's talk to our kids — about sex? Oh no!

Chris Farley Ratcliffe knows how awkward things can get when kids ask their parents questions like: How are babies made? Why is my voice changing? What were you guys doing in there?

But the executive director of Planned Parenthood Ottawa says it doesn't have to be awkward if it's done right.

His organization is raising money for a series of workshops for parents to start "Talking the Talk."

"It's not one talk, but it's an ongoing conversation and it starts with when your kid is learning to speak and you are teaching them the names of their body parts," said Farley Ratcliffe.

The workshops will help parents broach the awkward subject and give them tools and resources so start the conversation, even if it seems to late.

These days, it's pretty easy for kids to find out about sex



An image from Planned Parenthood's Talking the Talk campaign. CONTRIBUTED

on the Internet, but Farley Ratcliffe says it's best if kids know the facts first.

"When they hear schoolyard conversations about sexual activity or they read about it in a book or they see representations on TV, ideally, you want them to have the facts, so that they can make their life positions accordingly and take care of themselves," he said.

Planned Parenthood Ottawa has started a crowdfunding campaign to give the workshop series life. The goal is to raise \$5,000 by the end of the month.

TREVOR GREENWAY/METRO

Awkward...

Sexologist and Ottawa University graduate student Catherine de Pierrepont told Metro most parents don't know how to talk to their kids about sex, but she advises them to just answer whatever questions their kids have and expand the conversation as they grow older.

- She said porn can skew someone's perception of what sex really is and said it's up to parents to set the record straight.

- "When you know your kid is looking at pornography or is interested in it, the only thing you can do as a parent is tell them that this is a non-realistic version of sexuality," said de Pierrepont.

You may have smelled it, but Ottawa dealt it

Something smelled rotten in Ottawa Thursday afternoon.

Enbridge Gas was "purging" natural gas lines in the west end in the morning, and while people didn't smell the natural gas itself, they did smell a "harmless additive" called mercaptan, said Marc Messier, public information officer with the Ottawa Fire Services.

The stench kept firefighters busy responding to 169 calls and 119 alarms.

"It started in the west



A sulphur smell swept over much of Ottawa, Thursday. METRO FILE

end and slowly started making its way east right up to the centretown core," he said.

Ottawa Fire Services

started getting calls about the stink at about 1:30 p.m. and it was steady up until about 4 p.m., said Messier.

Apart from the calls to the fire department, there were 125 calls to 911, but none required any response.

There were no injuries as a result of the smell.

According to the Enbridge Gas Twitter feed, mercaptan does not pose any health risk or risk of explosion. It may cause nausea and eye irritation.

LUCY SCHOLEY/METRO

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South Florida-raised Black Violin is bringing its unique hip-hop and classical music mix to Ottawa on Saturday. CONTRIBUTED

Bow-bending band on the rise since playing for Obama

Black Violin.

Up-and-comers go from playing in America's capital city to playing our capital city



LUCY SCHOLEY
lucy.scholey@metronews.ca

It's classical violin entwined with hip-hop lyrics and it's coming to Ottawa.

Black Violin, an emerging band from South Florida, has meshed two genres and mashed in some pop and even a little hoedown-style fiddling.

The new-music morph has graced the stage of President Barack Obama's inauguration and opened an Alicia Keys

show.

On Saturday Kev Marcus, Wil-B and their DJ TK will perform at CentrepoinTE Mainstage Theatre.

Barb Brunzell, head of marketing and development at CentrepoinTE, described the group as "genre-busting."

"They're almost like an independent band," she said. "There are still a lot of people in Ottawa that probably have never heard of them yet because they're just on that cusp."

Yet Black Violin has appeared on the same lineup as big names like Kanye West, Nas, Stevie Nicks and The Eagles. They perform for audiences ranging from four-year-olds to grandmothers.

Allan Sansom, the artistic producer and manager for CentrepoinTE Theatres, said it's a "real coup" for Ottawa to

Details

Go to centrepointetheatre.com for more information.

- There are about 100 tickets left for Black Violin. The show starts at 7:30 p.m. on Feb. 8 and costs \$28.75.



score the band because they likely won't be back for at least another year. He saw them play in New York last month.

"They had a bunch of old fogies, like me, all standing up, waving our arms in the air, like we were at a rave or something," he said.

"It just appeals to a wide segment of folks and a wide segment of musical tastes."

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Trapped woman saved after Cumberland car collision

Old Montreal Road. Firefighters forced to peel open the vehicle like a tuna can



LUCY SCHOLEY
lucy.scholey@metronews.ca

Ottawa firefighters used the Jaws of Life to rescue a 60-year-old woman trapped inside her vehicle in Cumberland Thursday afternoon.

Her car had collided with another vehicle and damaged a hydro pole on Old Montreal Road. Firefighters

from Cumberland and Orleans responded to the call at 11:38 a.m.

Because the woman's legs were trapped, firefighters needed to peel the roof off her car so paramedics could treat her injuries. They then cut out the base of the driver's seat and immobilized her on a backboard.

She was taken to hospital and treated for arm, back, leg and chest injuries. Her condition is stable.

The other driver, also a woman, was uninjured.

Old Montreal Road was closed for several hours as hydro workers repaired the damaged pole.



Firefighters and paramedics encircle a crumpled Hyundai as a woman is extricated from her vehicle, Thursday. CONTRIBUTED

Concert

Queer choir marks a milestone

An Ottawa queer choir is feeling fabulous for its age.

Tone Cluster is prepping for its 20th-anniversary concert on Sunday.

The choir started singing in 1994 as a gay group, but evolved to represent the LGBT community and its allies.

Fabulous Twenty will

take place at the First Baptist Church at 140 Laurier Ave. on Sunday. The show starts at 3 p.m.

For more information, visit tonecluster.ca.

LUCY SCHOLEY/METRO

Crime

Suspect sought in stick-up

Ottawa police have issued an arrest warrant for a suspect

in the knife-point robbery of a Canada Post worker.

Mahad Farah, 26, of no fixed address, has been charged with robbery with an offensive weapon and conspiracy to commit an indictable offence in relation to the Oct. 3 holdup.

They describe him as black, six-foot-two and 220 pounds, with brown eyes



Mahad Farah
CONTRIBUTED

and black hair.

Police say on Oct. 3, around 3:10 p.m., a female postal worker was robbed by two men in the lobby of a building on the 1400 block of Heron Road.

The second suspect remains unidentified.

Anyone with information is asked to contact Ottawa police at 613-236-1222, ext. 5116, or Crime Stoppers at 613-233-8477 (TIPS) or toll-free at 1-800-222-8477.

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'Not going to change'

Rob Ford refuses to attend Pride

Toronto's mayor is back in the spotlight after making controversial comments about the city's prominent gay pride festival.

"I'm not going to go to the pride parade," he told the audience at a debate for mayoral hopefuls running in October's municipal election. "I've never been to a pride parade. So I'm not going to change the way I am."

THE CANADIAN PRESS

'Invasive' species?

Wild horses won't run free in Alberta

The capture of some of Alberta's wild horses is sparking anger from critics.

The Alberta government says feral horses are an invasive species and damage the environment, so it's approved the capture of up to 200 for breeding and to be slaughtered. THE CANADIAN PRESS

Budget office

Public-sector sick days cost \$871M

The federal budget watchdog says public servants take an average of 11.5 paid sick days a year, compared with 18 days reported by Treasury Board President Tony Clement.

The parliamentary budget office estimates in a new report the salary paid for sick days reached \$871 million in 2011-12, about 68 per cent higher than the estimate 10 years prior. THE CANADIAN PRESS

Kicking the homeless

Online video may result in charges

Vancouver police say they found online videos of a man allegedly kicking two homeless people in the groin in exchange for money "extremely concerning" and are considering laying charges. A video that appeared on YouTube Wednesday shows the suspect kicking the two victims.

METRO

Chief electoral officer strikes back at Tories



Marc Mayrand, chief of Elections Canada, appears before a House of Commons committee in Ottawa on Thursday. FRED CHARTRAND/THE CANADIAN PRESS

Elections Act. Debate about sweeping changes has been shut down in the House

Canada's chief electoral officer says the only team sweater he wears is the striped "white and black," and that a Conservative overhaul of the Elections Act will take the referee off the ice.

In his first comments on sweeping new elections legislation by the Harper government, Marc Mayrand says he hopes there is extensive public consultation and debate over the proposed changes.

Mayrand was responding to comments by Conservative minister Pierre Poilievre, who introduced the bill Tuesday by saying Canada's elections "referee should not be wearing a team jersey."

"Listen, the only team jersey that I think I'm wearing — if

we have to carry the analogy — I believe is the one with the stripes, white and black," a shaking Mayrand said after a hearing on Parliament Hill.

"What I note from this bill is that no longer will the referee be on the ice."

Mayrand's reaction comes as the government moves to shut down debate in the House of Commons and speed the legislation to committee.

Among other things, the bill would allow political parties to spend more during campaigns, set rules for using robocalls and impose stiffer penalties on those who abuse automated telephone messaging.

Poilievre's opening shot at the impartiality of Elections Canada came after years of investigations of alleged Conservative wrongdoing that began with the in-and-out financing scheme in the 2006 campaign that brought Prime Minister Stephen Harper to power.

THE CANADIAN PRESS

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Soylent founder and CEO Rob Rhinehart holds a glass of Soylent. FACEBOOK

THE FUTURE OF FOOD?

Founder of Soylent says healthy food is expensive and difficult to prepare — and his controversial meal replacement product could be coming to Canada

JESSICA SMITH CROSS
Metro in Toronto

Canadians won't have to wait for a far-off dystopian future to try the controversial Soylent meal replacement product, as the inventor says the company is eyeing Canada as its first international market after it begins shipping to U.S. customers on March 1.

CEO Rob Rhinehart was an electrical engineer at a start-up in California, with insufficient time and money to eat well, when he decided to create

something fast and cheap that contains everything humans need to survive.

Soylent comes in two packets, powder and oil, that are mixed with water to form a grayish liquid. It contains no people and costs less than \$10 a day.

"Traditionally, healthy food can be very difficult to prepare and very expensive," said Rhinehart. Soylent has a nutrition label that shows a full complement of nutrients, along with carbs, protein and fibre.

"There's a lot of regulation in food," said Rhinehart. "We

have gone through all of the hurdles and testing and labeling and process control."

Rhinehart said the label doesn't tell the whole story — that Soylent has a complete amino acid profile and, according to the company's tests, a low glycemic index.

Rhinehart was Soylent's first test subject and he lives "90 per cent" on Soylent today, eating only the occasional social meal. He's gone through long periods of eating only Soylent, and "beta testers" — a tech term for people who try out a new product before it's release — have done the same.

Soylent raised more than \$2 million in pre-orders and found venture capital support. It has a community of DIY Soylent makers working on their own Soylent-like food hacks.

It also has many critics.

Two Canadian doctors who are experts in nutrition recommended that consumers wait until Soylent undergoes clinical testing.

Dr. David Lau, a professor of medicine biochemistry and molecular biology at the University of Calgary and the president of Obesity Canada, said Soylent's ingredients "appear very complete," but he's concerned about how well they will be absorbed.

Gut flora, the micro-organ-

Living on Soylent

"If someone starts doing this to simplify their lives, they don't have to spend as much time eating well and just by default will end up getting a lot healthier."

Soylent founder and CEO Rob Rhinehart

isms that live in the digestive tract, are essential to human health but are still not well understood and the effect a Soylent diet would have is unknown, he said.

He said using beta testers is "hocus pocus" and doesn't replace clinical trials that could determine the long-term effects of Soylent.

Dr. David Jenkins, a University of Toronto professor and the Canada research chair in nutrition and metabolism, said he'd like to see testing on the product's glycemic index. How the body absorbs Soylent and its post-meal effects are essential to understanding how useful and healthy it is, he said.

Rhinehart has dealt with similar concerns in the past. "If this becomes a problem the amounts can be changed to compensate," he wrote in a post on his site.

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Canada





New Canadian data shows that people who got a flu shot this year stood a pretty good chance of avoiding the illness. TOBY TALBOT/THE CANADIAN PRESS

Success seen for this year's flu shot

Study. This year's flu vaccine found to be much more effective than last year, according to B.C. researchers

A new Canadian study suggests this year's flu shot offered good protection to people who received it.

The study says the shot was 74 per cent effective at preventing flu so severe that people needed medical treatment.

The research

The work was led by Dr. Danuta Skowronski at the British Columbia Centre for Disease Control.

- It is based on data from: Ontario, B.C., Quebec, Alberta and Manitoba.

That's substantially better than last year, when the same researchers found the vaccine only cut cases of medically attended influenza by about 40 per cent.

To date this year the

H1N1 strain of influenza is causing the vast majority of flu infections in Canada.

Last year a different virus, H3N2, was responsible for most flu illness.

The two viruses mainly target different age groups, with this year's outbreak hitting young and middle-aged adults particularly hard.

That pattern of illness — highlighted in media reports of previously healthy adults dying from flu — triggered huge demand for vaccine in Canada in January.

THE CANADIAN PRESS

Newfoundland

Gay flag raised at legislature

The Newfoundland and Labrador government says it wants to show its support for human and gay rights as the Sochi Olympics get underway.

A rainbow flag will be raised Friday at the provincial legislature in St. John's to coincide with the opening of the Winter Games in Russia, where a law signed in July outlaws so-called pro-gay propaganda that could be accessible to minors.

The controversial legislation has led to protests in cities around the world.

THE CANADIAN PRESS

Sochi. Some heading to the Games reporting 'hassle-free' security

Despite a temporary Russian ban on liquids in carry-on luggage, some air travellers heading to the Sochi Olympics through Moscow have brought toothpaste and other toiletries past security checkpoints without any problems.

Security concerns ahead of the Sochi Games were renewed after the U.S. Homeland Security Department warned airlines flying to Russia that terrorists may try to smuggle explosives into the country in toothpaste tubes.

Yet six Associated Press employees arriving in Mos-

cow from across the world or beginning their journey there passed through security without having to remove toothpaste, hand lotion or water bottles.

Another Associated Press journalist, arriving in Moscow from Singapore, said a security official checked his deodorant and then returned it, but didn't make mention of a small tube of toothpaste.

Others heading to Sochi said their experiences with airport security were surprisingly hassle-free.

THE ASSOCIATED PRESS



Lottery News

Winter 2013/2014

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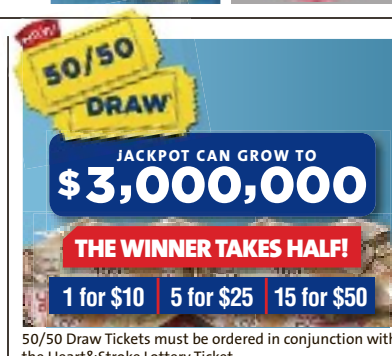


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Olympian Cherie Piper offers her predictions for the 2014 Games

About Cherie Piper:

- Age: 32
- Olympic gold medals: Three — 2002, 2006 and 2010
- World Championships: One — 2004
- Retired from Team Canada: Spring of 2013

Canadian to watch

Natalie Spooner, from Toronto. She's big, strong, a natural goal scorer.



International player to watch:

Noora Raty, known as the Finnish Fence. She gives Finland very strong goaltending. She's a game-changer.



Top 3 nations:

Gold: Canada
Silver: U.S.
Bronze: Finland



There were jeers before cheers



Cherie Piper at Blythe Academy in Whitby. She became an elementary teacher at the school after retiring from Team Canada, and coaches hockey in the school's advanced sports program.

ELIZABETH BEDDALL/METRO

'Out on the ice, you can hear everything.' Olympic gold-medallist and Canadian hockey hero overcame taunts, insults to succeed



FERNANDO CARNEIRO
Metro in Toronto

Cherie Piper is a Canadian hockey hero.

So who would bully her?

Me. And a good many others from my high school.

In 1996, Piper's high school, Albert Campbell CI, played my school, Sir Winston Churchill, in the Scarborough B finals.

When we met last month, Piper said she remembers that game well. "Out on the ice, you can hear everything that's yelled," she said. Ouch!

Churchill had a bus full of students at the arena to cheer on our girls. And we didn't know the difference between

supporting our team and putting down the opposition.

And Piper was the opposition. She skated circles around our girls and scored most goals in the blowout that followed.

Sharon Mejia, now 34, played against Piper.

"It was very frustrating, because she was clearly way above everybody else on the team," Mejia said.

So the Churchill crowd, mostly boys who saw the game as an opportunity to skip class, booed Piper. A lot.

"We were rowdy. We said things to bring her confidence down," said Imer Hernandez, who was in the stands.

Mejia said the more Piper was booed, the more she seemed to want the puck, and as Campbell ran up the score, the more insulting the Churchill kids became. The insults eventually turned sexual.

I was there, as Churchill's mascot, wearing a bulldog costume with an oversized head. I remember looking through the eyeholes and seeing Piper's dad put his arm around her mom



Sharon Mejia, bottom-row right, Fernando Carneiro, top-row centre (in the bulldog costume) and the 1996 Sir Winston Churchill women's hockey team.

SIR WINSTON CHURCHILL 1995-96 YEARBOOK

as she wiped her eyes.

"My mom and dad used their energy to protect me," Piper said.

While people accused her of embarrassing the other team, Piper said she thought of her teammates, many using equipment borrowed from Piper.

"Our goalie one year had never put on skates before," Piper said. "I used to run skating drills with the girls."

She remembers their weekly practices well. "Nobody

understands how much fun we had as a team," she said.

Nearly 16 years later, Hernandez said he's impressed by Piper's mental toughness.

"She was so young. I'd like to congratulate her for playing to the best of her ability while blocking all that."

As rough as the insults hurled at Piper in the Scarborough finals were, she said they're far from the worst.

Due to a shortage of girls playing hockey, when Piper

was eight, her parents had the choice of enrolling her in an under-16 women's league or a team of eight-year-old boys. They chose the boys' league.

"Some of the worst things were things that mothers from the other team would yell at me. They would tell their sons to go injure me or kill me," Piper said. "They couldn't handle the fact that their son was beat by a girl."

The behaviour of the Churchill kids at the Scarborough finals is learned behaviour, Piper said. She's now in a position to influence children differently — since retiring from the national team, she has become a teacher for Blythe Academy in Whitby.

"In my classroom there's no putting people down. There's no treating people differently," Piper said. "Retirement (from hockey) has been nice. I'm just enjoying being a normal person and not having to be at the rink or practice all the time."

When we parted, I apologized on behalf of Churchill.

She accepted it graciously.

Little Cherie

The girl? She's the one who scored on you

The first time Chris Piper watched her daughter climb a rope in gymnastics she was in for a big surprise. "Oh my God! That's my kid?" she asked.

While most other children were wobbling along, Cherie made it to the top.

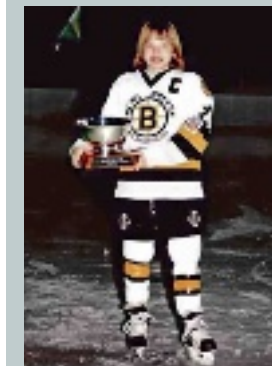
To her mom, it was unfair that as a child Cherie was singled out for being "too good" and for taking up a spot on a boy's team.

"We would be at a tournament and hear parents talk about one team having a girl. They wouldn't look at the top players, they always guessed the boy with the long hair. They would yell at him and say that he shouldn't be on the ice," Chris Piper said. "I would reply, 'See the player who just put the puck in your net? That's the girl.'"

But there were times when Cherie cried.

"I said, 'Honey, if you want to quit, make it your decision. Don't let those people make the decision for you.'"

FERNANDO CARNEIRO/METRO



A young Cherie Piper is seen in this undated photo. COURTESY CHRIS PIPER

Rubber hits the road

It's namaste for yoga-mat chemical in Subway's bread

Subway says it's in the process of removing a chemical from its bread as part of an ongoing effort to improve its recipes.

The news comes after a blogger launched a petition this week asking the sandwich chain to stop using azodicarbonamide. The chemical, used in the bread "as a bleaching agent," is also used to make yoga mats and rubber shoes.

THE ASSOCIATED PRESS

Crossrail set for 2018

Bombardier wins \$1.6B rail contract

Bombardier Transportation appears to have solidified the future of its British rail plant in Derby after being selected as the winning bidder in a \$1.6-billion US contract to supply trains and a depot for London's transportation system.

THE ASSOCIATED PRESS

241 million users

Twitter could use more followers as stock drops

Twitter's stock is sinking on worries that the short online messaging service is not popular enough.

Twitter Inc. had reported stronger-than-expected revenue and adjusted earnings in its fourth-quarter financial report Wednesday, its first as a publicly traded company.

But its user numbers signalled that growth is slowing. Twitter had 241 million users at the end of 2013.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.33¢ (+0.08 ¢)

TSX
13,713.40 (+153.71)

OIL
\$97.84 US (+\$0.46)

GOLD
\$1,257.20 US (+\$0.30)

Natural gas: \$5.02 US (-\$0.14)
Dow Jones: 15,628.53 (+188.30)

Will BlackBerry meet its Waterloo in keyboard battle?

Or will it be Seacrest out? Typo Products and Canada-based company in war of words over QWERTY add-on for iPhones



Typo Products' iPhone keyboard case.
TYPO PRODUCTS/THE CANADIAN PRESS

Typo Products says BlackBerry is trying to hold a monopoly over smartphone keyboards, and that it shouldn't have to take its new iPhone case off the market.

The Los Angeles-based company, co-founded by American Idol host Ryan Seacrest, filed documents Wednesday in a California court defending itself against a patent-infringement lawsuit.

BlackBerry accuses Typo of copying its keyboard design in an effort to capitalize

on the smartphone maker's "commercial recognition and goodwill."

The company is seeking numerous rulings, including damages from Typo, all of Typo's profits and a stop to future sales of the keyboard technology.

The suit was filed in January and none of the allegations have been tested in court.

Typo disputes the claims made by BlackBerry. The Typo case attaches to an iPhone 5 or 5S, two recent Apple smartphone models, both of which have touchscreen keyboards.

In its response, Typo attached pictures of various keyboard designs that date as far back as Smith Corona typewriters.

"The QWERTY keyboard has been around since the 1870s and has been present in many messaging devices," Typo said in the documents.

THE CANADIAN PRESS



G.I. Joe still in fighting form as he hits the big 5-0

G.I. Joe action figures portray Raising the Flag on Iwo Jima in a display at the New York State Military Museum in Saratoga Springs, N.Y. A half-century after the 12-inch doll was introduced at a New York City toy fair, the iconic action figure is being celebrated by collectors with a display at the military museum, while the toy's maker plans other anniversary events to be announced later this month. Since Hasbro's "movable fighting man" hit the shelves in 1964, G.I. Joe has undergone many changes, some the result of shifts in public sentiment for military-themed toys, others dictated by the marketplace. MIKE GROLL/THE ASSOCIATED PRESS

Thailand. Rice-subsidy program turns sour for embattled government



Thai farmers show their rice certificates during a rally to speed up payment for the price of their crops in Bangkok on Thursday. THE ASSOCIATED PRESS

An ambitious rice buying program that Thailand's ruling party hoped would aid millions of its poor rural supporters may instead help bring down the increasingly cornered government.

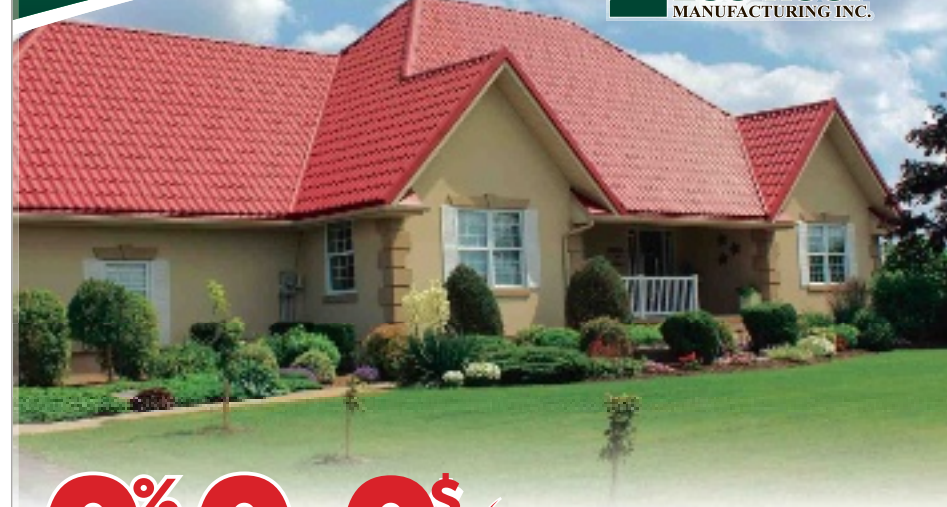
Hundreds of farmers from more than 10 provinces converged Thursday on the capital to demand rice payments that are several months overdue after the policy caused ruinous losses. Some have blocked three main highways in the north and the west, while a few hundred in the ruling

party's northeastern heartland protested at a provincial government hall.

With the help of populist policies such as the rice pledging scheme, Prime Minister Yingluck Shinawatra's party won a landslide election victory in 2011. But it suffered a self-inflicted and crushing setback late last year by attempting to amnesty Yingluck's elder brother, Thaksin Shinawatra, so he could return to the kingdom without serving prison time for a corruption conviction. THE ASSOCIATED PRESS

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OF SUPER BOWLS AND SPYING

1 Black History Month. It's February again, and another great opportunity to learn all about the heroes that have shaped, not just the history of black people in North America, but the whole world. Until it's over and schools go right back to using the same old textbooks. Something tells me we're still a few Februaries away from complete enlightenment. #BHM

2 Bad, bad boy. It was the end of the world. There was darkness and violence and depravity. There were loud noises of motors running high, children crying and sirens wailing. Signs of the apocalypse? Nope, just Justin Bieber on the news again. #Bieber, #Bieberstripper, #DUI....

3 #MattressMack. The Houston furniture store owner's promotion backfired when he offered customers a full refund if the Seahawks were to beat the Broncos. Jim McIngvale honoured his commitment to the tune of \$7 million, but he did it gladly, because it was still cheaper than running a commercial during the Super Bowl.



THE METRO LIST

Mike Benhaim

metronews.ca

4 SUPER BOWL XLVIII. Poor Peyton Manning. All everyone did was talk about his football pedigree and five MVPs, but the closest the Broncos came to a touchdown dance was Bruno Mars' halftime performance. Oh sure, they scored a touchdown, but not while anyone was still watching. #worstsUPERBOWLEVER

5 5 Seconds of Summer. I have never heard a single original song by this Australian boy band, but the social media gods seem to smile on them because #5SOS keeps trending high. That's a whole lot of tweets. Now, if only they were actually saying something.

6 Woody Allen. The only thing funny about this story is how many twitter-ers or twits, or whatever, did not know that Allen was once pseudo-stepfather to Soon-Yi, his wife. Some argue that she was adopted by Mia Farrow, not Woody, though he dated her for 12 of the child's formative years. It is not illegal. But to put matters into perspective, Allen and Farrow's biological son Ronan once

said, "My father is married to my sister. I'm his son and his brother-in-law!" #What??

7 Hoop-la. Raptors point guard Kyle Lowry was named the NBA's Eastern Conference Player of the Week, despite having been snubbed for the All-Star game. Technically, that was last week, but I still haven't gotten over it.

8 I spy. John Forster, head of Canada's eavesdropping agency, was all over social media and the news when he denied spying or any breach of privacy. For most of us, it was enough to just discover that we had an EAVESDROPPING agency!

9 Carrying the torch. Earlier this week, despite concerns about the venue for this year's winter games, Russian President Vladimir Putin declared that Sochi was ready. That could mean they're ready for the games, or that all pro-gay activists have been contained. Either way, they're ready. #sochi2014

10 Facebook. The pioneer social media site celebrated their 10th birthday this week. Ten years since dear old friends who'd drifted apart could find each other again, and 10 years since everyone else could too. Cheers! #BestofFacebook

ZOOM

Sochi starts, protests continue



YVES LOGGHE/THE ASSOCIATED PRESS

The world is watching

Gay rights activists stage a protest that they say evokes the hate crimes and humiliations that are motivated by homophobia in Russia, in Antwerp,

Belgium, Thursday. The Sochi Winter Olympics have begun, and many will be watching to see whether Russia will enforce its law banning gay "propaganda" among minors if athletes, fans or activists wave rainbow flags or speak out in protest.

THE ASSOCIATED PRESS

IOC's stance

- The IOC has reminded athletes that "no kind of demonstration or political, religious or racial propaganda is permitted in any Olympic sites." Athletes will be free to express their opinions at news conferences, however.

Russia's stance

- Vladimir Putin has said gays will be welcome in Sochi if they "leave the kids alone."
- Russia initially banned protests during the Games. Following international outcry, it set up a designated protest zone.

Clickbait



LUKE SIMCOE
Metro Online

Just because you're not in Sochi for the Winter Games doesn't mean you can't pretend. With your phone at your fingertips there are plenty of podium-ready apps to help you get into the Olympic spirit.

Sochi 2014 Medal Alert:

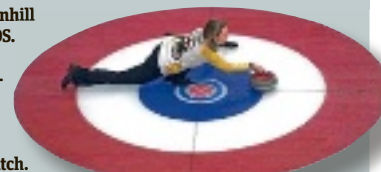
The official app of the Winter Games, it allows you to follow your favourite events or teams and get notified whenever a medal is awarded. Available for both Android and iOS.

SkiFree:

A veritable classic, this retro downhill skiing game has been ported to iOS. Follow an intrepid skier as he carves through gates while avoiding obstacles and the occasional Yeti. An Android version of the game, entitled You Are The Yeti!, lets you play as the titular sasquatch.

Age of Curling:

Nothing says Winter Olympics like burning a rock in the fourth end. If that sentence made any sense to you, try Age of Curling for iOS. Hailed as one of the better mobile curling games, it lets you play at venues like an 18th century Scottish castle.



THE CANADIAN PRESS FILE

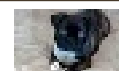
Twitter

The creator of the Labradoodle says he has regrets about starting the designer dog craze because of health risks. But if you could mix any two breeds (with no health repercussions), what would you make?

@Zom8ieQuEEn a pit bull and a greyhound better watch out when it catches ya lol

@evilaudi why must people cross breed dogs? There are so many breeds to choose from it is impossible to not pick one

@kjbwburf I love my Bugg (Boston Terrier x Pug)



@MegBlumenthal I would mix a Shar-Pei and a Poodle. The refined 'Poo-Pei'

@Canucklehead_ca Clearly 'Snoop Dogg' with 'Pitbull'. (I have no idea how breeding works)

Letters

RE: Website Helps Women Get Free Breast Implants, published Feb. 5, 2014

There are many people in countries that need life saving surgery and do not have the money. For the girl that wants breast implants and is getting donations, maybe you should just be thanking God that you have your health. **A. Grossi, Toronto**

WE WANT TO HEAR FROM YOU:
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Synopsis

Based on the book *The Monuments Men: Allied Heroes, Nazi Thieves and the Greatest Treasure Hunt in History* by Robert M. Edsel, the movie stars Clooney, Matt Damon, Bill Murray, John Goodman, Jean Dujardin, Bob Balaban and Hugh Bonneville as a motley crew of art historians, engineers and museum directors recruited to locate and rescue priceless art works stolen by the Nazis. When two members of their team are killed they are no longer observers but active participants in the war.

• Richard: ●●●●●

• Mark: ●●●●●



George Clooney co-wrote *The Monuments Men*, which opens this weekend. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Nothing monumental

The Monuments Men. George-Clooney-penned story about saving art in the Second World War skews a little too sentimental

Richard: Mark, this is a war-time comedy. Think Hogan's Heroes by way of Leonardo Da Vinci and you'll get the idea. It has some mild laughs — the biggest giggle, for Canadians anyway, comes from the Parisians who blame Matt Damon's terrible French on having spent too much time in Montreal — but also a great deal of reverence for the art and the work of the real-life monuments men. But what might have been an edgy, exciting look at an under-

reported slice of World War II history is reduced to an elegantly directed but somewhat dull film.

Mark: Richard, I was really looking forward to this movie. Three of my major obsessions are George Clooney, Nazis and art, although not necessarily in that order. But you're right; the movie is kind of a snooze in parts. There are some great scenes, but they don't quite add up. And at no time did I feel much of a sense of danger, probably because the war is ending and the Germans are already on the run. The great cast is mostly split up during the movie, so the expected camaraderie is absent. But there's one great reason to see this movie, and that's the prominent role of prickly nerd Bob Balaban.

RC: The cast is terrific. Balaban is a great actor, and an under-used one, so it's always cool to see him trotted out in anything, but for me Bill Murray shows, once again, in a brief scene in a shower (no spoilers here), how his understated style can move an audience. No problems with the acting, but co-writers Clooney and longtime collaborator Grant Heslov appear to have taken a dose of sentimentality pills before putting pen to paper. The earnest, reverential tone is reinforced by old school pacing that focuses on the character and art over action and a rousing soundtrack that sounds airlifted in from a classic war-time era movie.

MB: Bill Murray, as always, proves that less is indeed more. There's a quasi-romance between Matt Damon and Cate

Blanchett that seemed forced to me, not to mention she wears the ugliest pair of shoes in the history of cinema. But all through the movie there's a moral dilemma that keeps being rammed down our throats. Is art valuable enough to risk human life for? The movie tells us over and over that it is, but to be honest, Richard, I'm not so sure. And if you're not sure, the urgency falls apart.

RC: It seems like you noticed Blanchett's shoes more than the art. Therein lies the movie's central problem.

MB: Well, I'm more of a modernist anyway. When they tell the story of how the Germans burned the Klees, Braques, and Picassos I nearly wept. This isn't a bad movie, Richard. I just hoped for a great one.

FEB 7-23

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2 SCENE

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com. Ratings: **Certified Fresh:** 🍅 **Fresh:** 🍅 **Rotten:** 🍌 **Audience response:** 🍌 **Audience anticipation for the film:** +

Animation



The Lego Movie

Director. Phil Lord,
Christopher Miller

Stars. Chris Pratt,
Elizabeth Banks

This story follows Emmet (Chris Pratt), an ordinary, rules-following, perfectly average LEGO mini-figure who is mistakenly identified as the most extraordinary person and the key to saving the world. He is drafted into a fellowship of strangers on an epic quest to stop an evil tyrant, a journey for which Emmet is hopelessly and hilariously under-prepared.

Rotten Tomatoes™ score
Critics: 100% Audience: +96%

Action-Comedy



Vampire Academy

Director. Mark Waters

Stars. Zoey Deutch, Lucy Fry,
Daniela Kozlovsky

Rose Hathaway (Deutch) is a Dhampir: half human-vampire, guardians of the Moroi, peaceful, mortal vampires living discretely within our world. Her legacy is to protect the Moroi from bloodthirsty, immortal Vampires, the Strigoi. This is her story.

Rotten Tomatoes™ score
Critics: TBA Audience: +86%

Comedy/Romance



That Awkward Moment

Director. Tom Gormican

Stars. Zac Efron,
Michael B. Jordan

Zac Efron, Miles Teller and Michael B. Jordan star in the R-rated comedy, *That Awkward Moment*, about three best friends who find themselves where we've all been- at that confusing "moment" in every dating relationship when you have to decide "So...where is this going?"

Rotten Tomatoes™ score
Critics: 22% Audience: 56%

Filmmaking gets a little more Femme

Femmes Lab. What started as a wild idea at the Whistler Film Festival has turned into a screenplay writing boot camp for six lucky women



RICHARD
CROUSE
scene@metronews.ca

Filmmaker Ingrid Veninger says the pitch for the script writing initiative Femmes Lab, "could have back-fired badly."

The actor-turned-director-turned-Renaissance-woman was on stage at the Whistler Film Festival in December receiving an EDA award from the Alliance of Women Film Journalists for her latest film, *The Animal Project*, when a notion struck her.

"I started to talk about the Femmes Lab at the podium," says Veninger. "Six Canadian women will write six screenplays in six months. Then I took the leap to invite someone to step up for \$6,000. At first the room was silent. So, I started counting down: 6, 5 ... and before I hit 4, a woman shot her arms in the air and said, 'I'll do it!' My heart was racing and it was only later I realized it was Melissa Leo. Melissa approached me quietly and said, 'This is going to happen. I will get you a cheque before the end of the year.' And, she did."

For her donation, the Frozen River Academy Award winner Leo gets a first look at six scripts written by a hand-picked group of female Canadian writers and directors including Veninger, Danishka Esterhazy, Michelle Latimer, Sophie Deraspe, Anais Granofsky and Mars Horodyski.

"It's not your traditional kind of script development," says Veninger, "that's for sure. It's almost more like a coven. We're not actually casting spells, as we conjure these new screenplays, but sort of. The nuts and bolts is that we meet in person once a month from January until June, mostly in Toronto. And, month to month we each have to move our



Ingrid Veninger. CONTRIBUTED

Quoted

"I can say that in my past 20 years of making movies, I have not experienced anything like this. First off, the six of us are very different and we bring a diverse range of experiences and perspectives to the table."

Ingrid Veninger on writing a script in the Femmes Lab

screenplays forward, so that by the end of June, we have six completed scripts. But what happens in the actual lab session is a secret. I can say that in my past 20 years of making movies, I have not experienced anything like this. First off, the six of us are very different and we bring a diverse range of experiences and perspectives to the table. Our sessions are minimally nine hours, but can also last the whole weekend."

One of the participants, Mars Horodyski, said, "For me the pUNK Films Femmes Lab offers a supportive creative space where you are encouraged to do something different, brave and representative of who you really

are. Something really special happens when you get a group of women together to collaborate in this way. It's different from anything I've ever been a part of and I'm excited to see the outcome."

Veninger says this edition of pUNK Films Femme Lab is likely to be "a one time thing. I'm happy to spark the fire, but it's most exciting to see how others keep it going."

It seems that spark is about to ignite.

"After Whistler, I received a message from a filmmaker in L.A. saying, 'we should do a Femmes Lab in Los Angeles', and my response was, 'go ahead and do it. Make it happen. We have nothing to lose. Now is the time.'"



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Abbie Cornish on a Robocop rewind

A simpler time.

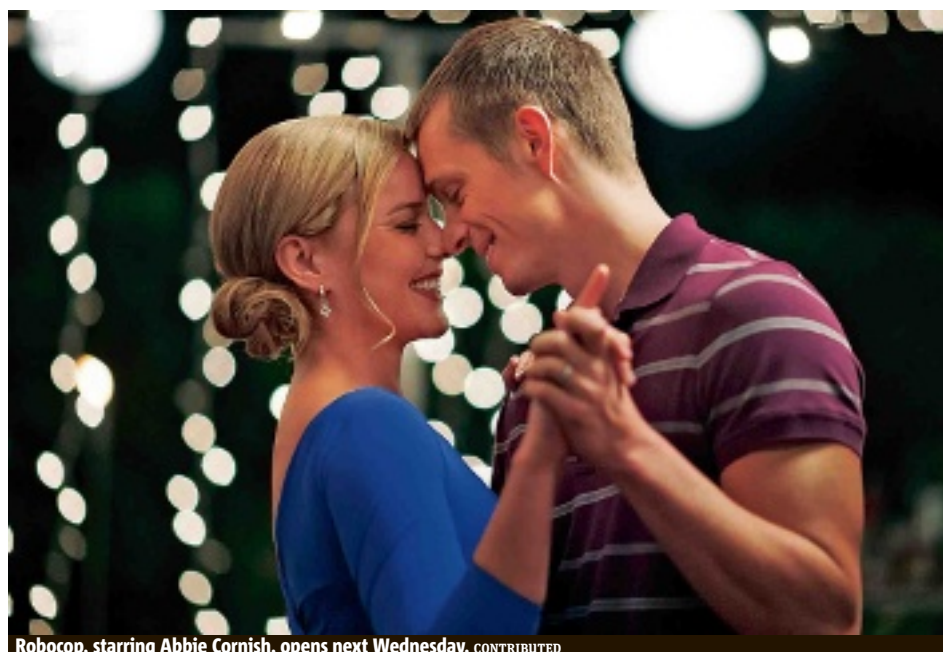
Australian actress reminisces about watching 1980s classic until her VHS tape wore out



**NED
EHRBAR**
Metro World News in Hollywood

Abbie Cornish has fond memories of the original Robocop, having grown up in Australia watching, re-watching and eventually wearing out a VHS copy of the 1987 film at far too young an age, thanks to her older brothers. So she hopes other fans of Paul Verhoeven's ultra-violent action flick will take her involvement in José Padilha's PG-13 remake as a major vote of confidence.

It was a different time, when you had to worry about VHS tapes wearing



Robocop, starring Abbie Cornish, opens next Wednesday. CONTRIBUTED

out.

And it was so devastating when they did — or if they tore! And sometimes you couldn't replace them either. It seems so silly,

you'd be 10 years later trying to find another VHS of Robocop and you can't. It's like all of a sudden it becomes a collector's item. It's different now.

I know it sounds really violent because I was, like, 5 or 6 when I watched that, but that scene is just insane. It's really classic. I love that movie. I really enjoyed watching it again. I watched it a couple of times before we made the movie, and people were like, 'Don't do that!' I was like, 'But I love it!'

Plus, this version is pretty different from the original.

Yeah, it's different. It's a whole different entity. Look, I really hope that the people who are skeptical about the film and are saying that they're not going to watch it because 'we love the original Robocop and they shouldn't have remade it,' I really hope that they go to the cinemas and watch it because I think that they'll be pleasantly surprised.

The default position of any remake is skepticism, though.

I guess so. Maybe I've just never been privy to it. We retell stories all the time. Sometimes they're very well done and sometimes not so well done, so I can understand people's skepticism about that as well.

What are some of your favourite tricks of the trade for tapping into a character?

I listen to a lot of music while I work. I usually make a playlist for each film that sums up what that character's journey is throughout the film, so I can always go back to it and go back to it. Basically it's like home. Or sometimes if I feel a bit lost on the way to work in regards to what we're doing, I'll pull up a Turner painting and just stare at it for half an hour, and that will just give me something for the day. Because sometimes, to be honest, I don't know what I'm doing as an actor and I like that feeling.

Wes Anderson treats Berlin to his latest dreamscape

The Grand Budapest Hotel. Filmmaker and his all-star cast kickoff the Berlin International Film Festival

Director Wes Anderson and a strong ensemble cast including Ralph Fiennes, Bill Murray and Edward Norton kicked off the annual Berlin International Film Festival on Thursday with The Grand Budapest Hotel, a caper set in a fictional spa town in pre-Second World War Europe. Here are some tidbits from opening day at the first of the year's major European film festivals.

Written for Ralph

The Grand Budapest Hotel stars British actor Fiennes as its central figure: Monsieur Gustave, a fastidious hotel concierge, and its director says no one else would do.

The part was "written with Ralph in mind," Anderson told reporters ahead of the movie's premiere. "This character is quite grand and theatrical and



Wes Anderson directs The Grand Budapest Hotel. THE ASSOCIATED PRESS

has to recite poetry and has paragraphs of text."

Still, Fiennes shares the limelight with Norton, Murray, Jeff Goldblum, Tilda Swinton, Willem Dafoe, Jude Law, Adrien Brody, Saoirse Ronan and others in roles large and small.

The movie is the first of 20 competing for the festival's main Golden Bear award.

Happy together

So how does Anderson get stars to play not-so-big roles? Anderson's regular, Murray, who's playing a fellow concierge in

this film, leapt in to answer that one.

"We are promised very long hours and low wages ... and stale bread," he said. "That's pretty much it."

Still, he admits the life is pretty cool.

"You get to see the world and we're allowed to let Wes live this wonderful magical life he has where his dreamscape comes true," Murray said. "So we show up, he gets to have all the fun. I guess it's because we like him that we go along."

THE ASSOCIATED PRESS

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THESE PAGES COVER MOVIE START TIMES FROM FRI., FEB. 07 TO THURS., FEB. 13 TIMES ARE SUBJECT TO CHANGE.

Bytowne Cinema 325 Rideau St.

Bettie Page Reveals All (14A) Fri 9:30
Sat 6:30 Sun 3:45 Mon 9:20
Moulin Rouge (PG) Wed 4:30 Thu
6:35
Nebraska (PG) Fri 4:15 Sat 1:30 Sun
8:45
The Past (14A) Fri 6:45 Sat 4:01-9:05
Sun 6:05 Mon-Tue 6:40 Wed-Thu
9:15
Philomena (PG) Sun 1:30 Mon-Tue
4:30
Sagrada - The Mystery of Creation
(STC) Tue 9:20 Wed 7:10 Thu 4:30

Canadian Film Institute 2 Daly Ave., Suite 120

The 4th Baltic Nordic Film Festival
(STC) Sat 4-7-9 Wed 7
No Films Showing Today (STC) Fri
Sun-Tue Thu

Canadian Museum of nature 240 McLeod St.

Flying Monsters 3D (G) Fri-Thu
12-2:30-3:40
Flying Swords of Dragon Gate 3D
(14A) Fri-Thu 12:35-3:05
Penguins 3D (STC) Fri-Thu 10:30-
1:10 Fri-Thu 11:15-1:50

Coliseum Ottawa 3090 Carling Ave.

American Hustle (14A) Fri 12:50-
3:55-7:05-10:20 Sat 12:50-7:05-10:20
Sun 12:50-3:55-7:05-10:20 Mon-Wed
4-7:05-10:20 Thu 1:05-4-7:05-10:20
Frozen (G) Fri-Sun 1 Thu 1:10
Frozen 3D (G) Fri-Sun 3:40-6:30
Mon-Thu 4-6:30
The Hobbit: The Desolation of Smaug
3D (PG) Fri-Thu 9:30
I, Frankenstein 3D (PG) Fri-Thu 9:50
Jack Ryan: Shadow Recruit (PG) Fri
1:10-4:30-7:30-10:30 Sat 4:30-7:30-
10:30 Sun 1:10-4:30-7:30-10:30
Mon-Wed 4:30-7:30-10:30 Thu 1:30-
4:30-10:30
Labor Day (PG) Fri-Sun 2-4:40-7:50-
10:40 Mon-Wed 4:40-7:50-10:40 Thu
1:25-4:40-7:50-10:40
The LEGO Movie (G) Fri-Sun 1:30-
4:05-6:40 Mon-Thu 4:05-6:40
The LEGO Movie 3D (G) Fri-Sun
12-2:30-5:05-7:40-10:10 Mon-Wed
5:05-7:40-10:10 Thu 1:35-5:05-7:40-
10:10
The Metropolitan Opera: Rusalka
(STC) Sat 12:55
The Monuments Men (PG) Fri-Tue
9:20 Wed 4:20-7:20-9:20-10:20 Thu
1:20-4:20-7:20-9:20-10:20 Fri-Sun
1:20-4:20-7:20-10:20 Mon-Tue 4:20-
7:20-10:20
The Nut Job (PG) Fri-Sun 12:20 Thu
1:15

The Nut
Job

3D (PG) Fri-Sun 2:40-4:55-7:10
Mon-Thu 4:55-7:10
Odd Thomas (STC) Thu 7:30
Ride Along (14A) Fri-Sun 1:40-4:10-
6:50-9:40 Mon-Wed 4:10-6:50-9:40
Thu 1:20-4:10-6:50-9:40
RoboCop (PG) Wed 4:20-7:10-10 Thu
1:25-4:20-7:10-10
That Awkward Moment (14A) Fri-
Sun 12:40-3:05-5:30-8-10:30 Mon-
Thu 5:30-8-10:30 Star & Strollers
Screening Thu 1
Vampire Academy (PG) Fri-Sun
12:10-2:45-5:20-8-10:40 Mon-Thu
5:20-8-10:40 Star & Strollers Screen-
ing Thu 1
The Wolf of Wall Street (18A) Fri
12:45-4:45-8:45 Sat 8:45 Sun 12:45-
4:45-8:45 Mon-Tue 4:45-8:45

Mayfair Theatre 1074 Bank St.

No Films Showing Today (STC)
Tue-Thu
Sexcula (STC) Sat 10:45
The Summit (PG) Fri 7 Sat 6:30 Sun
6 Mon 7
When Jews Were Funny (14A) Fri
9:15 Sat 8:45 Sun 8:15 Mon 9:15

Rainbow Cinemas St. Laurent Centre 1200 St. Laurent Blvd.

Anchorman 2: The Legend Continues
(PG) Fri-Thu 10:40-4-9:10
Cloudy With a Chance of Meatballs 2
(G) Fri-Thu 10-3-5:10
Dallas Buyers Club (18A) Fri-Thu
10:30-1:20-6:40
Delivery Man (PG) Fri-Thu 4:10-9:05
Free Birds (G) Fri-Thu 12:40-2:50-
4:50
Her (14A) Fri-Wed 1:10-6:30 Thu
6:30 Thu 1:10
Mandela: Long Walk to Freedom
(14A) Fri-Thu 12:05-7:20
Philomena (PG) Fri-Thu 10:20-7-9:20
Thor: The Dark World (PG) Fri-Thu
10:10-6:50-9:15
Walking With Dinosaurs (PG) Fri-
Thu 12:30-2:40-4:50

South Keys 2214 Bank St.

American Hustle (14A) Fri 12:20-
3:30-6:40-9:35 Sat 11:10-6:40-9:35
Sun-Thu 12:20-3:30-6:40-9:35
August: Osage County (14A) Fri
10:35-1:20-4:05-6:55-9:55 Sat
7:05-9:55 Sun-Tue 10:35-1:20-4:05-
6:55-9:55
A Cinderella Story (G) Sat 11
Frozen (G) Fri-Thu 10:55-1:35
Frozen 3D (G) Fri-Thu 4:15-7
The Hobbit: The Desola- tion of

Smaug 3D (PG) Fri-Thu 9:20
The Hunger Games: Catching Fire
(PG) Fri-Thu 9:25
I, Frankenstein (PG) Fri-Thu 9
Jack Ryan: Shadow Recruit (PG) Fri
11:25-2:05-4:40-7:15-9:50 Sat 2:05-
4:40-7:15-9:50 Sun-Thu 11:25-2:05-
4:40-7:15-9:50
Labor Day (PG) Fri-Thu 11:20-2:10-
4:45-7:25-10:05
The LEGO Movie (G) Fri-Thu 10:40-
1:10-3:45-6:30
The LEGO Movie 3D (G) Fri-Thu
11:30-2-4:35-7:10-9:40
The Metropolitan Opera: Rusalka
(STC) Sat 12:55
The Monuments Men (PG) Fri-Thu
10:30-1:15-4-6:50-9:45
The Nut Job (PG) Fri-Thu 10:45-
12:50
The Nut Job 3D (PG) Fri-Thu 3-5-15-
7:20
RoboCop (PG) Wed-Thu 10:35-1:20-
4:05-6:55-9:55
That Awkward Moment (14A) Fri-
Thu 12:10-2:35-5-7:40-10
Vampire Academy (PG) Fri-Thu
11:40-2:15-4:50-7:30-10:10
The Wolf of Wall Street (18A) Fri
12:30-4:20-8:10 Sat 2:25-8:10 Sun-
Thu 12:30-4:20-8:10

Canadian Museum of Civilization 100 rue Laurier

Les Dauphins (STC) Thu 1
Destination Pacific Sud 3D (STC) Fri
1-7 Sat-Sun 1 Tue-Wed 1
Extreme (STC) Thu 11
Grand Canyon (STC) Mon 10 Wed
10-12 Mon 12
Grand Nord (STC) Sat-Sun 4 Wed
4 Thu 6
Great North (STC) Fri 11-3 Sat-Sun 3
Tue 3 Wed 11-3 Thu 10-3
Journey to the South Pacific: An
IMAX 3D Experience (STC) Fri 2-5
Sat 11-2-5-7 Sun 11-2-5 Mon 11-2
Tue 2-5-7 Wed 2-5 Thu 2-5-8
Kenya 3D: Animal Kingdom (STC)
Fri 12-6 Sat 12-8 Sun 12-6 Mon 1
Tue-Wed 6 Thu 12-7 Fri 4-8 Sat 6 Tue
4 Wed 7 Thu 4
Momies: Secret des Pharaons (STC)
Tue 10-12
Le Papillon (STC) Fri 10
Rocky Mountain Express (STC)
Tue 11

Cinéma Aylmer 400 boul. Wilfrid-Lavigne

Dallas Buyers Club (13+) Fri-Sun
3:10-9:10 Mon 6:40 Tue 3:10-9:10 Fri-
Sun 12:40-6:40 Tue 12:40-6:40
Le film LEGO 3D (G) Fri-Sun 3:20
Tue 3:20
Labor Day (G) Fri-Sun 12:50-3:20-
6:50-9:20 Mon 6:50 Tue 12:50-
3:20-6:50-9:20 Wed-

Thu 9:20
The LEGO Movie 3D (G) Fri-Sun
1:10-7:10-9:20 Mon 7:10 Tue 1:10-
7:10-9:20 Wed-Thu 7:10-9:20
The Monuments Men (G) Fri-Sun
1-3:30-7-9:30 Mon 7 Tue 1-3:30-7-
9:30 Wed-Thu 7-9:30
RoboCop (G) Wed-Thu 6:50-9:30

Gatineau 9 120 boul. de l'Hôpital

Célibataires... ou presque (13+)
Fri-Sun 1:10-3:40-7:15-9:25 Mon
7:15-9:25 Tue 1:10-3:40-7:15-9:25
Wed-Thu 7:15-9:25
Le film LEGO 3D (G) Fri-Sun
1:05-3:10-7:05-9:10 Mon 7:05-9:10
Tue 1:05-3:10-7:05-9:10 Wed-Thu
7:05-9:10
La fête du travail (G) Fri-Sun
1:15-3:45-7:10-9:45 Mon 7:10-9:45
Tue 1:15-3:45-7:10-9:45 Wed-Thu
7:10-9:45
La grande beauté (G) Fri-Sun
12:15-3:15-6:45-9:30 Mon 6:45-9:30
Tue 12:15-3:15-6:45-9:30 Wed-Thu
6:45-9:30
Il était une fois les boys (G) Fri-Tue
6:30-9
Jack Ryan: Recrue dans l'ombre (13+)
Fri-Sun 12:50-3:25-7:20-9:50 Mon
7:20-9:50 Tue 12:50-3:25-7:20-9:50
Wed-Thu 7:20-9:50
Moi, Frankenstein 3D (G) Fri-Thu
7:25-9:50
Les Monuments men (G) Fri 11-1-
3:30-7-9:40 Sat-Sun 1-3:30-7-9:40
Mon 7-9:40 Tue 1-3:30-7-9:40 Wed-
Thu 7-9:40
Opération noisettes (G) Fri-Sun 12:45
Tue 12:45
Opération noisettes 3D (G) Fri-Sun
2:45 Tue 2:45
Le Passé (G) Fri-Sun 12:30-3:35-6:50-
9:35 Mon 6:50-9:35 Tue 12:30-3:35-
6:50-9:35 Wed-Thu 6:50-9:35
La reine des neiges (G) Fri-Sun 1:20-
3:50 Tue 1:20-3:50
RoboCop (G) Wed-Thu 7-9:40

StarCité Hull

115 boul. du Plateau

August: Osage County (G) Fri-Tue
9:35
A Cinderella Story (G) Sat 11
Célibataires... ou presque (13+) Fri
2:50-5:15-7:45-10:15 Sat 12:20-2:50-
5:15-7:45-10:15 Sun 2:50-5:15-7:45-
10:15 Mon 7:25-9:45 Tue 2:50-5:15-
7:45-10:15 Wed-Thu 7:25-9:45
Le film LEGO (G) Fri 2:10 Sat 11:40-
12:40-2:10 Sun 2:10 Tue 2:10
Le film LEGO 3D (G) Fri-Sun 4:45-
7:20-9:50 Mon 7:20-9:50 Tue 4:45-
7:20-9:50 Wed-Thu 7:20-9:50
I, Frankenstein (G) Fri-Sun 3:10-
5:40-8:10-10:30 Mon
7:40-10 Tue 3:10-5:40-
8:10-10:30 Wed-Thu
7:40-10



Jack Ryan: Shadow Recruit (13+) Fri 2:45-5:20-7:55-10:30 Sat 12:25-2:45-5:20-7:55-10:30 Sun 2:45-5:20-7:55-10:30 Mon 7:35-10 Tue 2:45-5:20-7:55-10:30 Wed-Thu 7:35-10
Labor Day (G) Fri 2-4:40-7:20-10:10 Sat 11:25-2-4:40-7:20-10:10 Sun 2-4:40-7:20-10:10 Mon 7:20-9:55 Tue 2-4:40-7:20-10:10 Wed-Thu 7:20-9:55
The LEGO Movie (G) Fri 2:30 Sat 12-2:30 Sun 2:30 Tue 2:30
The LEGO Movie 3D (G) Fri-Sun 5:05-7:40-10:10 Mon 7:40-10 Tue 5:05-7:40-10:10 Wed-Thu 7:40-10 Lone Survivor (13+) Fri-Sun 1:40-4:40-7:30-10:20 Mon 7:10-9:50 Tue 1:40-4:40-7:30-10:20 Wed-Thu 7:10-9:50
The Metropolitan Opera: Rusalka (STC) Sat 12:55
Moi, Frankenstein (G) Fri 2:50-5:15-7:45-10:15 Sat 12:35-2:50-5:15-7:45-10:15 Sun 2:50-5:15-7:45-10:15 Mon 7:40-10 Tue 2:50-5:15-7:45-10:15 Wed-Thu 7:40-10
The Monuments Men (G) Fri-Sun 1:20-4:20-7:20-10:20 Mon 7:20-10 Tue 1:20-4:20-7:20-10:20 Wed-Thu 7:20-10
Les Monuments men (G) Fri-Sun 1:05-4:05-7:05-10:05 Mon 7:10-9:50 Tue 1:05-4:05-7:05-10:05 Wed-Thu 7:10-9:50 Thu 1

Opération noisettes (G) Fri 1:15 Sat 11-1:15 Sun 1:15 Tue 1:15
Opération noisettes 3D (G) Fri-Sun 3:30-5:45-8-10:15 Mon 7:15-9:25 Tue 3:30-5:45-8-10:15 Wed-Thu 7:15-9:25
La reine des neiges (G) Fri 1:30 Sat 11:05-1:30 Sun 1:30 Tue 1:30
La reine des neiges 3D (G) Fri-Sun 4:05-7 Mon 7:05 Tue 4:05-7
Ride Along (13+) Fri 2:50-5:20-7:50-10:20 Sat 12:15-2:50-5:20-7:50-10:20 Sun 2:50-5:20-7:50-10:20 Mon 7:35-10 Tue 2:50-5:20-7:50-10:20 Wed-Thu 7:35-10
RoboCop (G) Wed-Thu 7:15-10 Wed-Thu 7:05-9:50
That Awkward Moment (13+) Fri 3:05-5:30-8-10:30 Sat 1-3:05-5:30-8-10:30 Sun 3:05-5:30-8-10:30 Mon 7:45-10 Tue 3:05-5:30-8-10:30 Wed-Thu 7:45-10 Star & Strollers Screening Thu 1:30
Une Aventure de Cendrillon (G) Sat 11
Vampire Academy (G) Fri 2:35-5:10-7:50-10:30 Sat 12-2:35-7:50-10:30 Sun 2:35-5:10-7:50-10:30 Mon 7:20-9:50 Tue 2:35-5:10-7:50-10:30 Wed-Thu 7:20-9:50
The Wolf of Wall Street (16+) Fri 1:15-5-8:45 Sat 5-8:45 Sun 1:15-5-8:45 Mon 8:45 Tue 1:15-5-8:45

Barrhaven Cinemas

131 Riocan Dr.

American Hustle (14A) Fri 6:35-9:35 Sat-Sun 12:20-3:30-6:35-9:35 Mon-

Tue 4:40-7:40
A Cinderella Story (G) Sat 11
Frozen (G) Sat-Sun 1:30
Frozen 3D (G) Fri 6:40 Sat-Sun 4:10-6:40 Mon-Thu 4:30
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Sun 9:20 Mon-Thu 7 I, Frankenstein (PG) Fri-Sun 9:45 Mon-Thu 7:25
Jack Ryan: Shadow Recruit (PG) Fri 7:25-10 Sat-Sun 11:40-2:15-4:50-7:25-10 Mon-Thu 4:50-7:20
The LEGO Movie (G) Sat-Sun 11:30-2 Star & Strollers Screening Thu 1
The LEGO Movie 3D (G) Fri 7:10-9:40 Sat-Sun 4:35-7:10-9:40 Mon 4:35-7:10 Tue 4:30-7:10 Wed-Thu 4:35-7:10
The Metropolitan Opera: Rusalka (STC) Sat 12:55
The Monuments Men (PG) Fri 6:50-9:50 Sat-Sun 12:50-3:50-6:50-9:50 Mon-Thu 4:45-7:35 Star & Strollers Screening Thu 1
The Nut Job (PG) Sat-Sun 12:30-2:45 The Nut Job 3D (PG) Fri 7:15 Sat-Sun 5-7:15 Mon-Thu 5:10
RoboCop (PG) Wed-Thu 4:40-7:40 That Awkward Moment (14A) Fri-Sat 7:30-9:55 Sun 12:10-2:25-5-7:30-9:55 Mon-Thu 5-7:30
1

SilverCity 2385 City Park Dr.

12 Years a Slave (14A) Fri 12:45-3:55-7:05-10:05 Sat 12:05-7:25-10:35 Sun 12:45-3:55-7:05-10:05 Mon 12:45-3:55-10:20 Tue-Wed 12:45-3:55-7:05-10:05 Thu 12:45-3:55-7:05
About Last Night (14A) Thu 7:15-9:50
American Hustle (14A) Fri-Sat 12:55-4-7:15-10:35 Sun 4-7:15-10:40 Mon-Thu 12:55-4-7:15-10:35 Wed 12:55-4-10:35 Thu 12:55-4
Alohana the Movie: The Flower We Saw That Day (STC) Sun 12:45 Wed 7:30
The Big Chill (STC) Mon 7
A Cinderella Story (G) Sat 11
Endless Love (PG) No Passes Thu 10:10
Frozen (G) Fri-Thu 5:10
Frozen 3D (G) Fri-Thu 2:40-7:40
Frozen Sing-Along (STC) Fri-Thu 12:10
Gravity: An IMAX 3D Experience (PG) Fri-Tue 1-3:20-5:50-8:20-10:45
The Hobbit: The Desolation of Smaug 3D (PG) Fri 12:05-3:30-7-10:30 Sat 3:15-7-10:30 Sun-Tue 12:05-3:30-7-10:30 Wed 11:55-3:20-10:30 Thu 12:05-3:30-7-10:30
The Hunger Games: Catching Fire (PG) Fri-Thu 10:15
I, Frankenstein 3D (PG) Fri-Thu 10:25
Jack Ryan: Shadow Recruit (PG) Fri-Thu 12:35-3:10-5:45-8:15-10:50
Labor Day (PG) Fri 2-4:40-7:20-10:05 Sat 11:25-2-4:40-7:20-10:05 Sun-Thu

2-4:40-7:20-10:05
The LEGO Movie (G) Fri-Tue 1:30-4:05-6:30 Wed 4:05-6:30 Thu 1:30-4:05-6:30 Star & Strollers Screening Wed 1
The LEGO Movie 3D (G) Fri-Thu 12-2:30-5:05-7:30-10:10
Lone Survivor (14A) Fri 1:50-4:45-7:45-10:40 Sat 4:45-7:45-10:40 Sun-Wed 1:50-4:45-7:45-10:40 Thu 1:30-4:45-10
The Metropolitan Opera: Rusalka (STC) Sat 12:55
The Monuments Men (PG) Fri-Tue 1:20-4:20-7:10-9:40-10:20 Wed 4:20-7:10-9:40-10:20 Thu 1:20-4:20-7:10-9:40-10:20 Star & Strollers Screening Wed 1
The Nut Job (PG) Fri-Thu 12:30
The Nut Job 3D (PG) Fri-Thu 3-5:25-7:50
Odd Thomas (STC) Thu 7:30
Ride Along (14A) Fri-Thu 12:20-2:55-5:35-8:05-10:25
RoboCop (PG) Wed-Thu 12:50-3:50-6:55-9:50
RoboCop: The IMAX Experience (PG) Wed-Thu 1:55-4:50-7:55-10:50
That Awkward Moment (14A) Fri-Thu 12:40-3:05-5:30-8-10-10:30
Vampire Academy (PG) Fri-Thu 12:15-2:45-5:20-8-10:40
The Wolf of Wall Street (18A) Fri 12:25-4:30-8:30 Sat 12:25-8:30 Sun 12:25-4:30-8:30 Mon 3:10-9:30 Tue 12:25-4:30-8:30

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August: Osage County (14A) Digital, Dolby Stereo Digital Fri-Sun 9:40 Digital, Dolby Stereo Digital Mon 9:30 Digital, Dolby Stereo Digital Tue 9:40
Endless Love (PG) Digital, Dolby Stereo Digital Thu 9:05
Le film LEGO (G) Digital, Dolby Stereo Digital, No Passes Fri-Sun 3:30 Digital, Dolby Stereo Digital, No Passes Tue 3:30
Frozen (G) Digital, Dolby Stereo Digital Fri 3:45-6:45 Digital, Dolby Stereo Digital Sat-Sun 12:45-3:45-6:45 Digital, Dolby Stereo Digital Mon 6:45 Digital, Dolby Stereo Digital Tue 12:45-3:45-6:45 Digital, Dolby Stereo Digital Wed-Thu 6:45
Jack Ryan: Shadow Recruit (PG) Digital, Dolby Stereo Digital Fri 4:30-7:20-10:05 Digital, Dolby Stereo Digital Sat-Sun 1:30-4:30-7:20-10:05 Digital, Dolby Stereo Digital Mon 7-9:45 Digital, Dolby Stereo Digital Tue 1:30-4:30-7:20-10:05 Digital, Dolby Stereo Digital Wed-Thu 7:15-9:50
Labor Day (PG) Digital, Dolby Stereo Digital Fri 3:20-6:20-9:20 Digital, Dolby Stereo Digital Sat-Sun

12:20-3:20-6:20-9:20 Digital, Dolby Stereo Digital Mon 6:15-9 Digital, Dolby Stereo Digital Tue 12:20-3:20-6:20-9:20 Digital, Dolby Stereo Digital Wed 6:15-9 Digital, Dolby Stereo Digital Thu 10 Tue 1
The LEGO Movie (G) Digital, Dolby Stereo Digital, No Passes Fri 6:30-9 Digital, Dolby Stereo Digital, No Passes Sat-Sun 12:30-6:30-9 Digital, Dolby Stereo Digital, No Passes Mon 6:40-9:10 Digital, Dolby Stereo Digital, No Passes Tue 12:30-6:30-9 Digital, Dolby Stereo Digital, No Passes Wed-Thu 6:40-9:10
The LEGO Movie 3D (G) Dolby Stereo Digital, No Passes Fri 4-7-9:30 Dolby Stereo Digital, No Passes Sat-Sun 1-4-7-9:30 Dolby Stereo Digital, No Passes Mon 7:10-9:40 Dolby Stereo Digital, No Passes Tue 1-4-7-9:30 Dolby Stereo Digital, No Passes Wed-Thu 7:10-9:40
The Monuments Men (PG) Dolby Stereo Digital, Digital, No Passes Fri 4:20-7:10-10 Dolby Stereo Digital, Digital, No Passes Sat-Sun 1:20-4:20-7:10-10 Dolby Stereo Digital, Digital, No Passes Mon 6:30-9:20 Dolby Stereo Digital, Digital, No Passes Tue 1:20-4:20-7:10-10 Dolby Stereo Digital, Digital, No Passes Wed-Thu 6:30-9:20
The Nut Job (PG) Digital, Dolby Stereo Digital Fri-Sun 3 Digital, Dolby Stereo Digital Tue 3
The Nut Job 3D (PG) Dolby Stereo Digital Fri 6 Dolby Stereo Digital Sat-Sun 12-6 Dolby Stereo Digital Mon 6 Dolby Stereo Digital Tue 12-6 Dolby Stereo Digital Wed-Thu 6
Ride Along (14A) Digital, Dolby Stereo Digital Fri 3:10-6:10-8:45 Digital, Dolby Stereo Digital Sat-Sun 12:10-3:10-6:10-8:45 Digital, Dolby Stereo Digital Mon 6:10-8:45 Digital, Dolby Stereo Digital Tue 3:10-6:10-8:45 Digital, Dolby Stereo Digital Wed-Thu 9:30
RoboCop (PG) Digital, No Passes Wed-Thu 7-9:45
That Awkward Moment (14A) Digital, Dolby Stereo Digital Fri 4:10-7:30-9:50 Digital, Dolby Stereo Digital Sat-Sun 1:10-4:10-7:30-9:50 Digital, Dolby Stereo Digital Mon 6:50-9:15 Digital, Dolby Stereo Digital Tue 12:10-4:10-7:30-9:50 Digital, Dolby Stereo Digital Wed-Thu 6:50-9:15
Vampire Academy (PG) Digital, Dolby Stereo Digital Fri 3:15-6:15-9:10 Digital, Dolby Stereo Digital Sat-Sun 12:15-3:15-6:15-9:10 Digital, Dolby Stereo Digital Mon 6:20-8:55 Digital, Dolby Stereo Digital Tue 12:15-3:15-6:15-9:10 Digital, Dolby Stereo Digital Wed-Thu 6:20-8:55
The Wolf of Wall Street (18A) Digital, Dolby Stereo Digital Fri-Wed 8:30

Looking Sharp, Molly Parker joins House of Cards



Molly Parker is joining the cast of House of Cards. THE CANADIAN PRESS FILE

Power play. Actor read Hillary Clinton's autobiography to prep for congresswoman role

Canuck star Molly Parker says she relished the chance to dive into the dark intrigue of House of Cards, noting the new character she plays on the acclaimed Netflix drama offers a worthy match to the power-hungry Francis Underwood.

Parker plays a third-term congresswoman who figures prominently in Francis's latest quest for power at the White House.

That means lots of scenes for the B.C.-native opposite star Kevin Spacey, whose steely-eyed Francis remains ever-focused on cementing the vice presidential post, no matter the cost.

Parker appears early in the Season 2 premiere, establishing right away that her character Jacqueline Sharp cannot easily be manipulated.

"She's tough and she's smart and she's a soldier," says Parker, wary of revealing too much about the storyline.

The sophomore run launches Feb. 14 with virtually no time lost following the Season 1 finale. Francis and his equally ruthless wife Claire, played by Robin Wright, are out on the early morning run they began in the previous episode, clad head-to-toe in assassin black.

The moment they return home, Francis is confronted with news that requires decisive action and it's clear these new episodes are set on maintaining the sombre intensity that became a hallmark for Netflix's flagship show.

Jackie is a Democratic congresswoman from California, as well as a battle-scarred veteran from Afghanistan and Iraq who earns praise from Francis for her "ruthless pragmatism."

Although Jackie is not drawn from anyone in particular, Parker says she felt compelled to research powerful women in order to better understand how gender politics work.

"I was just really interested in what it costs to be a woman in a room full of men and how do you hold your own?"

THE CANADIAN PRESS

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Here's a good one: apparently that guy from The Office just published a book

Funny story. He may be out of the writer's room, but B.J. Novak still has a lot to say

ALEXANDRA
CAVALLO
Metro World News

A lot of people probably know B.J. Novak best, as he puts it, as "that guy from The Office." And yeah, he was really funny as Ryan, the intern bro turned full-time employee. But Novak, who wrote for the longtime sitcom from day one, just penned his debut book: a collection of short, irreverent stories called *One More Thing*. We got Novak on the line to talk about more than just one of the things we were wondering about.

Coming from TV, what made you decide to write a book of short stories?

I had all these ideas that I was bursting with after all these years on The Office, that really didn't fit into this really contained environment that I was writing in for eight years. I would sort of accumulate them in notebooks. Any ideas that didn't fit into Dwight, Michael, Jim and Pam, or Ryan and Kelly, just went into a stack of notebooks that I would put away in a drawer and not know what to do with. So then when The Office was finally coming to an end, I looked through all the notebooks and I loved so many of these ideas but they didn't all seem to be right for a movie or a TV show, I didn't know what they were for.

So I just started writ-



B.J. Novak's new book, *One More Thing*, was inspired by story ideas he held onto while writing for *The Office* for eight years. CONTRIBUTED

ing them, and it became very exciting to write in all different lengths and all different tones, just whatever I thought an idea called for. And it became a book of fiction.

Did writing a book feel more personal than your previous projects?

It feels a lot more personal! And the irony is, I didn't think this was a personal book at all when I started it. Unlike my best friend Mindy (Kaling), who wrote a memoir, I'm not really a personal writer, I don't really have stories or opinions to share. I would bore people.

But before I knew it, I was putting so much more of my-

self into it. My own opinions and fears and neuroses and fantasies, they were all working their way into the stories. So it ended up being the most personal thing I've ever done.

Was it a little scary to read the early reviews?

As I was first writing the stories, I would read them out loud, first to friends, and then eventually to theatres of people. I would book the Upright Citizens Brigade theatres in L.A. and New York, and hundreds of people would show up, because they knew the guy from The Office. And I would read these stories in progress, so I really got to know what worked

and what didn't, what held their attention, what people seemed to want more of and what they wanted less of. So by the time the book came out and reviews came out, I kind of knew, more or less, how things would play.

Was it sad when The Office finally ended, or was it more of a relief?

It was both. Every now and then I drive by the old set, or the highway exit I used to take, or see the old gang or catch an episode on TV, and it does make me wistful for the past a little bit. But in general it was very exciting and freeing to be out of it.

Quoted

"It's like if your high school or college photos were on TV every night at 7:30, you'd probably reminisce a lot too."

B.J. Novak, actor, writer and comedian, on looking back at *The Office*

You spent almost the first decade of your career on that show, and had so much success at a young age. Was it all kind of overwhelming?

Yeah, it kind of happened so fast that we didn't really have time to adjust to it. You know, we knew that what we were writing — I really related more as a writer during those years on *The Office* — was great. Well, we thought it was great. You always think that something you're doing is great, at first. And then, when people would come up to us on the street and say that they loved our show, it kind of felt very natural to us, because we had that cocky thing that kids have, where they think they're the best in the world. It took some hard knocks during the show to realize that this was hard work and that not every episode was going to make everybody laugh, and just because you're great one week, that doesn't make it any easier the next week.

There are some comedians who I feel, if I met them, we'd be friends. Are there any people in the business that you just know, if you could meet them, you'd be buds?

Oh, that's a great question! Let's see. David Letterman. Every time I'm on his show — I've been on his show twice — I know that I'm just a guest,

and that everyone is just a guest to him, but I really think if he'd let just one more friend into his life, just one, we'd really get along. He just seems so wry and chill and smart.

I read somewhere that when you lived in Boston you pulled a big prank at the Museum of Fine Arts. Tell me about it?

There was an exhibit of ancient Chinese art, and this was back when they put audio cassettes in the headsets on tours, like actual tapes.

So my friend and I took the tour and we were like "Well, we could make a more interesting tour." So we borrowed one of the tapes and transcribed where everything on the tour was. And then we wrote a new tour. Then we got a friend with a deep accent to narrate the new tour. And for the first three minutes it was exactly the same.

So, we sent some people kind of slyly into the museum to switch out the tapes, and people got deep into the tour, but then, three minutes in, the narrator just goes off the rails. You know, insulting some of the paintings, insulting the museum-goers. So that was incredibly exciting for us, to know that these people were just being ambushed with extreme vulgarity in the middle of their museum tour.



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Biggest Loser champion faces new set of challenges

How much is too much? Winner's weight loss garners criticisms and concern

A day after Rachel Frederickson won the latest season of *The Biggest Loser*, after shedding nearly 60 per cent of her body weight, attention wasn't focused on her \$250,000 win but rather the criticism surrounding her loss.

Experts cautioned that regardless of her current weight, the criticism being levied on social media about her losing too much isn't helpful. A more constructive message is needed, they say, centring on overall healthy living and body image.

The five-foot-four, 24-year-old Frederickson dropped from 260 pounds to 105 under the show's rigorous exercise and diet regimen, and time spent on her own before the finale. She was a three-time state champion swimmer at Stillwater Area High School in Minnesota, then turned to sweets for solace after a failed romance with a foreign exchange student she followed to his native Germany.

Frederickson's newly thin frame lit up Twitter on Wednesday, with many viewers pointing to the surprised

expressions on the faces of trainers Jillian Michaels and Bob Harper during the show's Tuesday night finale. Many tweeted that Frederickson looked anorexic and unhealthy, while others congratulated her for dropping 155 pounds.

Frederickson's body mass index, a measure of height and weight, is below the normal range, said Jillian Lampert, senior director of the Emily Program, an eating disorder treatment program based in St. Paul, Minn. But she said the criticism directed against Frederickson isn't helpful.

"As a society we often criticize people for being at higher weights. That's part of why we have the TV show *The Biggest Loser*. And then we feel free to criticize lower weight," Lampert said.

A more constructive message to send young people would centre on well-rounded health and the importance of eating well, moving well and sleeping well, she said.

"We certainly see a lot of people who struggle with eating disorders who use the same behaviours on that show to an extreme," she said. "That can't be helpful."

During an appearance on Access Hollywood, Frederickson didn't directly respond to the criticism but said she



intends to live a healthy lifestyle going forward.

"My journey was about finding that confident girl again. Little by little, challenge by challenge, that athlete came out. And it sparked inside me this feeling that I can do anything I can con-

ceive. And I found that girl, and I'm just going to embrace her fully," she said.

In a statement released late Wednesday, NBC said it was committed to helping all of the show's past contestants live healthier lives.

THE ASSOCIATED PRESS

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METRO 1

Valentine's DIY

Here at Steven and Chris, we just adore Valentine's Day! It's the perfect time to celebrate the people who surround us with love every day. Here are a few ideas that will help you say, "I love you" to your someone special. For more tips, watch Steven and Chris weekdays at 2 p.m. on CBC.

ALL PHOTOS AND TEXT PROVIDED BY STEVEN AND CHRIS



Heart-mallows

Show you care with a jar of heart-shaped marshmallows. They're the perfect treat for anyone with a sweet tooth!

What you need:

- Large marshmallows
- Heart-shaped cookie cutters
- Vegetable oil
- Small Mason jar
- Red and pink ribbon

Method:

1. Cut the marshmallows in half.
2. Dip the cookie cutters into vegetable oil and press into the halved marshmallow. The vegetable oil will prevent your cookie cutter from sticking to the marshmallow.
3. Package in a glass jar with a pretty ribbon.

Hopeless Romantic Cocktail

Valentine's Day is a great excuse for spending time with people you love. Whether you're with someone special or enjoying a single girls' night-in, this Hopeless Romantic cocktail will definitely get you drunk on love.

What you need:

- 0.25 oz of lemon juice
- 0.25 oz of orange juice
- 0.25 oz of pineapple
- 1.5 oz Aperol
- 2 oz prosecco or champagne

Method:

1. Combine pineapple, orange and lemon juice.
2. Add the prosecco and Aperol.
3. Strain and serve in a tall glass.
4. Garnish with pineapple slices.
5. Add straws with festive toppers.



Crayon Hearts

Kids will love this multicoloured heart crayon, and parents will really love how they'll keep their little hands busy — and away from sugary temptations!

What you need:

- Baking silicone heart-shaped moulds
- Cellophane bags
- Red paint or construction paper
- Multicoloured broken crayons
- Red staples
- Template from cbc.ca/stevenandchris

Method:

1. Take a silicone heart-shaped mould and fill it with left-over crayon bits.
3. Bake in the oven at 230 F for 15 minutes.
4. Let cool and remove from moulds.
5. Place crayon hearts in clear gift bags from a craft or dollar store.
6. Print love note using template and staple onto bags.



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Celeb chow-palace elevator pitches

With a meaty spot après Duck Dynasty, A&E gave Wahlburgers a real chance to sizzle. The show centres around the famous family's burger joint run by Paul, the bro you don't know, but Hollywood heavyweight Mark and NKOTB alum Donnie show up to beef up the cast. With a bounty of entertainer eateries ripe for reality treatment, if Wahlburgers hits the ratings spot, expect networks to keep ordering up. Here are our ideas for some celeb-food-TV mash-ups.

MIKE DOIC
scene@metronews.ca

Jon Bon Jovi

Jon Bon Jovi's Soul Kitchen is a converted auto shop in Red Bank, N.J., where patrons can pay-what-they-can, or volunteer to earn a meal voucher. This is big-hearted, pass-the-tissue-box reality TV waiting to happen.

The community restaurant where you are often seated with strangers could put visiting stars on a TV show version across the table from everyday people, with Undercover Boss-style life story spilling sessions. Watch for Jovi's pop, John Bongiovi, Sr. The 74-year-old silver fox has a trio of pasta sauces sold in stores in the Garden State and also available online for orders anywhere in North America. The series could be called Living on Puttanesca.



Vince Neil

The crowded intersection of music and meatballs is paved with scores of swank and sleazy show-ready bistros, hipster cafés and glorified dives.

At Tatuado EAT-DRINK-PARTY!, Motley Crüe front man Vince Neil's latest Vegas bar & grill, you can sip on a crowd-attracting bolstering concoction called Drunk Goggles, a quartet of flavored rums mixed with cranberry and pineapple juices.

It's the perfect elixir for Inked & Eligible, a speed-dating show we think would get people tuning in.



Lady Gaga

Lady Gaga's parents Joe and Cynthia serve up familiar Italian fare on Manhattan's upper west side. Entrees at Joanne Trattoria cover all the bases, from wood-stone oven pizzas and eggplant parmesan to pappardelle with pulled pork rib ragu.

While the menu is devoid of shock value, Gaga has vouched for its deliciousness, going so far as blaming the place for expanding her waistline. We imagine a show called Eat This Way, where two disparate constituencies such as hungry marathon runners and thin, aspiring plus-sized models commune at the Germanotta family establishment to carb-load before big races and casting calls.



Paulina Gretzky

In the world of sports dining, jock-sized portions of chops and juicy porterhouses are par for the course. Wayne Gretzky may have been the most elegant skater and mesmerizing stick-handler in hockey history, but in the celebrity eatery game his restaurant wouldn't crack the all-star team.

Instead, we think a show called The Paulina Project — where the selfie queen and her friends and hangers-on are tasked with giving her father's eponymous restaurant on 99 Blue Jays Way in Toronto a total makeover — would score big. The only thing off limits is Grandma Gretzky's delectable duck-fat fried cheddar and potato perogies. Those moon-shaped morsels are a hall of fame-worthy appetizer.



ALL PHOTOS GETTY IMAGES FILE

Pussy Riot. Recently-freed members and Madonna speak at Amnesty concert

Instead of singing, Madonna and members of Pussy Riot spoke with passion about human rights issues at a concert for Amnesty International.

Madonna told the crowd of thousands Wednesday night that she received death threats for standing up for Pussy Riot, a Russian protest punk band, when two of its members were arrested for hooliganism after staging a protest in a Russian church in 2012.

"The right to be free, to speak our minds, to have an opinion, to love who we want to love, to be who we are ... do we have to fight for that?" the pop icon said, answering her own question with an expletive.

At the Barclays Center in Brooklyn, Madonna introduced Maria Alyokhina and Nadezhda Tolokonnikova, who were released from prison in December and made their first public appearance in the U.S. on Tuesday.

They spoke through a translator at the Bringing Human Rights Home concert, telling the audience they were grateful to be free but have to continue to fight to save others who are imprisoned.

Alyokhina and Tolokonnikova thanked supporters



Maria Alyokhina, left, and Nadezhda Tolokonnikova speak at Amnesty International's Bringing Human Rights Home Concert Wednesday in New York. THE ASSOCIATED PRESS

for sending letters while they were in jail and Amnesty International for its mission to protect human rights.

The Moscow-based group, which features nearly a dozen female musicians, has been critical of Russian President Vladimir Putin and political conditions in their homeland.

While Madonna and Pussy Riot didn't perform, the Flaming Lips and Yoko Ono closed the more than four-hour event, while Imagine Dragons were crowd favourites with their hit Radioactive. THE ASSOCIATED PRESS

Pussy Riot, or not?

Music website Pitchfork reported Thursday that members of Pussy Riot posted an open letter on their Livejournal, stating that Alyokhina and Tolokonnikova are no longer members of Pussy Riot, as their focus has primarily become prison reform and not the ideals of the group. METRO

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Tearaway is a world of construction sheets and paper curls, of aluminum foils and glues and scissors, where, because you can poke your fingers into it using touchscreens, you can fold and tear a path through its adventure. Draw a snowflake and it becomes the snow drifting on the wind. A picture taken with your camera becomes an elk's fur. There are monster fights and puzzles, yes, but as activities geared towards those who love arts and crafts. It's a strange, unpredictable, whimsical adventure that feels like a paper craft hobby. **KRIS ABEL**



Songs for the weekend



SOUND CHECK
Alan Cross
scene@metronews.ca

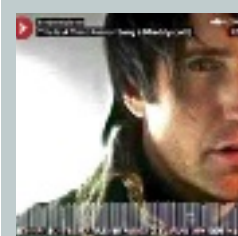
Elbow followed by a double helping of fake NIN and the Chili Peppers

**New York Morning/Elbow**

This gorgeously melancholy song is the first single from Elbow's sixth studio album, *The Take Off and Landing of Everything*, which is set for a March 11 release.

Abracabraformia/Jon Daly

This parody of the Red Hot Chili Peppers' style is so convincing that a lot of fans were fooled into thinking the band had actually released a new song. Even the website for the song looked like the real thing.

**This a Trent Reznor Song/Frederick Scott**

The guy behind this take-off from Trent Reznor's songwriting style couldn't have nailed it better if he were an actual member of Nine Inch Nails.

Sprint Cup



The Duck Dynasty cast CONTRIBUTED

Duck Commander now sponsor of NASCAR race

The NASCAR Sprint Cup race at Texas is going to the ducks this spring.

Texas Motor Speedway has announced a three-year title sponsorship agreement for its spring race with Duck Commander, the brand of bestselling duck calls and Robertson family-owned company featured on the A&E show *Duck Dynasty*. The deal is for the spring race at the track. The April 6 race will be known as the Duck Commander 500. "We are all big fans of NASCAR and have been all our lives," said Willie Robertson, the CEO of Duck Commander.

THE ASSOCIATED PRESS

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Is Foxx in Cruise control mode by keeping Katie a secret?



Jamie Foxx

Jamie Foxx and Katie Holmes can't seem to dodge rumours that they're secretly an item.

According to Page Six, Foxx and Holmes have been seeing each other since last summer but are keeping the romance hush-hush out

of respect for Holmes' ex-husband, Tom Cruise. "Jamie is being careful because he has a lot of respect for Tom," a source says. When rumours first circulated about the pair last August, Foxx vehemently denied them.



Justin Bieber ALL PHOTOS GETTY IMAGES

Flight crew give their side of Bieber's high flying

More details are emerging about Justin Bieber's hot-boxed flight into the New York area for the Super Bowl last week. According to an official report obtained by NBC News, Bieber and his entourage smoked so much marijuana on the plane that the flight crew donned oxygen masks to avoid inhaling any.

"The captain of the flight stated that he warned the passengers, including Bieber, on several occasions to stop smoking marijuana," the report states. "The captain also

stated he needed to request that the passengers stop their harassing behaviour toward the flight attendant and after several warnings asked the flight attendant to stay with him near the cockpit to avoid any further abuse. The flight attendant stated the passengers, including Bieber and his father Jeremy Bieber, were extremely abusive verbally."

The flight was met by authorities who searched the plane but found no unsmoked marijuana. No members of the flight crew filed charges against Bieber or his friends.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Sorkin delivers candid opinion on Hoffman death

MELINDA TAUB
Metro World News

Philip Seymour Hoffman and writer Aaron Sorkin worked together only once, on Sorkin's film Charlie Wilson's War. But they had an important thing in common: They were both recovering addicts.

In the wake of Hoffman's death, the Newsroom creator is sharing some of his conversations with him. In an obituary for Time, he writes that

Hoffman told him, "If one of us dies of an overdose, probably 10 people who were about to won't." In other words, Sorkin writes, the death of a famous addict might scare a few other people on the edge into getting clean, and that's why, he says, it's important to be clear that Hoffman didn't die because he did heroin wrong, but because he did it at all.

"(Hoffman) did not die from an overdose of heroin — he died from heroin. We should stop implying that if he'd just taken the proper amount then everything would have been fine.

"He didn't die because he was partying too hard or because he was depressed," he added, "He died because he was an addict.



Gwyneth Paltrow

Vanity Fair offers Paltrow an olive branch despite their ongoing feud

This should be interesting.

Despite the feud between Gwyneth Paltrow and Vanity Fair, during which she reportedly instructed A-list friends to not work with the magazine or attend its events because of its planned "epic take-down" of her, editor Graydon Carter has included Paltrow on the invite list for its annual Oscar party, according to E! News. Whether or not she

attends, however, is yet to be seen.

Carter did divulge, though, that rumours of plans for a counter-party were apparently fabricated. "There were reports that she was trying to scuttle our annual Oscar party, that she was going to organize a competing dinner," Carter says.

"The Paltrow camp subsequently denied both claims."

Twitter



@ABFalecbaldwin

Right about when the world seems sad and hopeless, you go to a museum. And faith is restored.



@AnnaKendrick47

My alarm is gonna go off in 10 minutes and I haven't fallen asleep yet. Can you forget how to sleep? What is happening?? Someone send help.



@billmaher

Hey people in Sochi hotels with unflushable toilets and undrinkable water: look on the bright side, you could be on a Carnival Cruise!



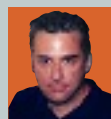
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Liquid Assets

Pinot Gris vs. Pinot Grigio



LIQUID ASSETS
Peter Rockwell
@therealwineguy
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Here's a question I was asked this week: Why do some vineyards call their wines Pinot Gris while others use Pinot Grigio?

Well, the white grape is French so Pinot Gris is its original name. Italy grows a clone of Pinot Gris that they call Pinot Grigio, well, because they're Italian, and which is lighter and crisper than the French versions.

Lots of other countries grow Pinot Gris and deciding on how to spell it is a combination of flavour profile and marketing savvy. Some feel Gris sounds more sophisticated. Others produce a richer wine that they think compares to a French Pinot Gris so go with that spelling.

Since the popularity of Pinot Grigio is undeniable (which translates to profitable) the majority of countries who grow Gris choose to use it.

South Africa's Two Oceans 2013 Pinot Grigio (\$10.25 - \$11.29) is a great example. Clean, bright and relaxed, it pays enough homage to its Italian cousins to make it more than worthy of the name.

Try with mussels, white fish, chicken, vegetable dishes and semi-soft cheeses. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**



Skip tired steak rub and opt for Asian influence

Pan Seared Flank Steak and Daikon Slaw. Dress up the classic cut of meat

Start by marinating the flank steak in five-spice powder, rice vinegar and soy sauce. Then while the steak is absorbing all those rich flavours, grate a daikon radish (they resemble giant white carrots, but have a mild peppery bite) and toss it with grated fresh ginger, scallions and red bell pepper for a simple slaw with just enough assertiveness to cut through the savory heft of the steak.

If you want to keep this dish lean, serve it over brown rice. But if you are willing to embrace carbs, try it on a bun.

1. In zip-close plastic bag, mix black pepper, five-spice powder, red pepper flakes, 3 tablespoons of the vinegar and soy sauce. Add flank steak, seal bag,

Ingredients

- 1/2 tsp ground black pepper
- 1 tsp five-spice powder
- 1/2 tsp red pepper flakes
- 4 1/2 tbsp rice vinegar, divided
- 2 tbsp low-sodium soy sauce
- 1 lb flank steak
- 1 cup shredded daikon radish, patted dry with paper towels
- 1 red bell pepper, cored and sliced into thin matchsticks
- 1 1/2 tsp grated fresh ginger
- Pinch of salt
- 4 scallions, thinly sliced
- 1 tbsp canola or vegetable oil



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

then turn to coat evenly. Refrigerate for at least 30 minutes or up to 2 hours.

2. Meanwhile, in bowl, stir together the daikon radish, bell pepper, ginger, salt, the remain-

ing 1 1/2 tablespoons of vinegar and the scallions. Set aside.

3. When you are ready to cook the steak, in a large skillet over medium-high, heat the oil. Add the steak and sear for 4 minutes

per side, or until desired doneness. Allow the steak to rest on a cutting board for 8 minutes. Slice the steak thinly across the grain, then serve with the slaw.

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Metro Ottawa takes a look at the state of the economy in Ottawa-Gatineau and where things are headed in 2014. Including interviews with the mayors of both Ottawa and Gatineau and some of the major economic players, examining everything from jobs and downtown development to small business and the real estate market.

IMAGINE OTTAWA-GATINEAU
Available in the February 25th edition of Metro!

Curling

Homan's flawless record gets a scare

Rachel Homan finally faced adversity at the Scotties Tournament of Hearts.

And the Team Canada skip emerged from it with



Rachel Homan
THE CANADIAN PRESS

a come-back 7-6 victory over Saskatchewan's Stefanie Lawton and with her perfect record

intact at 9-0 on Thursday at the Maurice Richard Arena in Montreal.

"It was a really good game," said Homan, who was taken to the 10th end for the first time in the tournament. "Fun for the fans and fun for us to get a lot of rocks in play."

"It was a tough battle to get control of the game back and force a mistake in the last end."

Homan's Ottawa rink plowed through its first eight games outscoring its opponents by a combined 71-30, but it wasn't that easy against Lawton (7-2).

THE CANADIAN PRESS

Hockey

St. Louis subbing in for Stamkos

Martin St. Louis is going to get a chance to represent his country at the Winter Olympics after all.

Hockey Canada announced Thursday that the 38-year-old Tampa Bay forward



Martin St. Louis
GETTY IMAGES

will replace injured Lightning teammate Steven Stamkos on Canada's men's hockey team at the

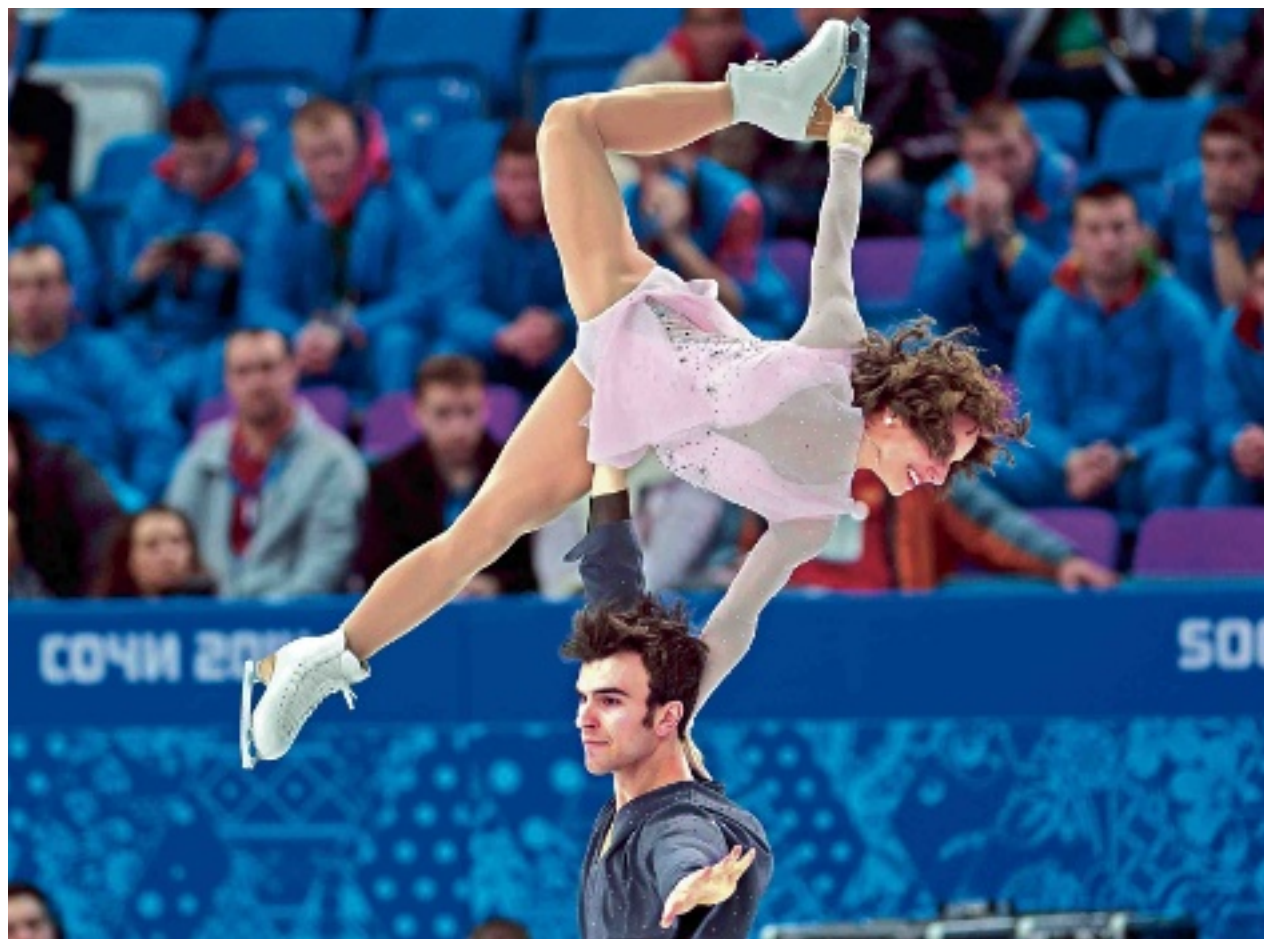
Sochi Olympics.

"I heard from Stammer that he wasn't going to go, so I knew it was a possibility," St. Louis told reporters in Tampa on Thursday. "So I guess I was prepared for it."

St. Louis was considered one of Canada's most surprising snubs when Canada's team was first announced.

The Laval, Que., native led the league in points in the 2012-13 shortened season with 17 goals and 43 assists in 48 games.

THE CANADIAN PRESS



Canada's Meagan Duhamel and Eric Radford compete in the pairs portion of the figure skating team event at the Sochi Winter Olympics on Thursday.

PAUL CHIASSON/THE CANADIAN PRESS

Duo gives its team an uplifting routine

Figure skating. Canada in second following Duhamel and Radford's 'ultimate moment' in pairs short program

Quoted

"It doesn't matter what kind of result it will be in the end. I've already won — for myself."

Russian figure skater Evgeni Plushenko, who placed second in the men's short program of the team event. At the age of 31, the 2006 Olympic champion has endured 12 surgeries.

Patrick Chan did a mock baton pass to teammates Meagan Duhamel and Eric Radford down in the warm-up area of the Iceberg Skating Palace between events Thursday night.

Canada's pairs team took it and ran.

Duhamel and Radford had perhaps the skate of their careers Thursday to put Canada in second place of the inaugural team figure skating event at the Sochi Olympics, just two points behind Russia.

Duhamel, from Lively, Ont., and Radford, from Balmer town, Ont., were second in the pairs short program after three-time world champion Chan finished third in the men's short.

"I think that was the greatest feeling," said Duhamel, who clasped both hands over her

mouth after the music stopped. "It's not the points, it's not the winning, it's not Canada winning a medal."

"To perform like that and finish our program with that feeling we had, it's every athlete's dream here in Sochi and at any Olympics, and we just did it, we just lived the ultimate moment of every athlete in the world."

Russia leads with 19 points after Tatiana Volosozhar and Maxim Trankov finished first in the pairs short and veteran Evgeni Plushenko was a surprising second in the men's event. China is third with 15 points.

The team event continues with the short dance, women's short program and pairs long program Saturday.

The event's debut was a hit

with the skaters and the crowd, which warmed up as the night went on. By the time Volosozhar and Trankov skated, the arena was rocking, spectators were chanting and stomping their feet.

Skaters sat as teams along one end in Davis Cup fashion.

"It was interesting to see the wave going around and I think the Germans had a cowbell," said Canadian captain Scott Moir. "It was fun. But it was hard for us not to go back to Vancouver personally, seeing the Russian team and Evgeni skate so well in front of a home crowd."

"It really is a special moment for those skaters and for Sochi, so for us it's nice way to start the Games."

THE CANADIAN PRESS

Ogle on Google

The Canadian Olympian who's generating the biggest spike of search traffic on Google isn't Sidney Crosby, it isn't flag-bearer Hayley Wickenheiser, or any other hockey player. It's figure skater Tessa Virtue, who along with partner Scott Moir, won ice dancing gold in Vancouver in 2010.

- Crosby, captain of the men's hockey team, was second on Google's list, followed by Moir and Wickenheiser.



4 SPORTS

Canadian-born skater takes to the ice for Team Italy

Team figure skating. Canuck says Olympic debut is memorable despite falls

The first Canadian to compete Thursday in the Olympic team figure skating event at the Iceberg Skating Palace wore Armani and a big smile.

Ottawa-born Paul Bonifacio Parkinson, representing Italy, had an up-and-down skate but was still beaming after making his Olympic debut.

"It was so surreal out there," he said. "Especially sharing the warmup group with (Russian star Evgeni Plushenko). I could really feel that energy in the building. I mean I'm adding this to my experience list. Just being out there with an Olym-



Paul Bonifacio Parkinson
GETTY IMAGES

pic champion ... It's an experience I know I'll never forget."

Parkinson, who turns 23 on Feb. 16, divides his training between Colorado Springs, Colo.,

and Barrie, Ont., where he works with famed coach Doug Leigh. He qualifies to compete for Italy because his mother was born there and he holds dual citizenship.

Wearing dark pants with gold brocade and a green shirt, Parkinson had a rough time in the warmup with several tumbles during jumps.

"I started the program and I thought I'm going to have fun out here. This is an experience to remember. And I looked right into the TV camera and I was just as intense as I could be," he said with a laugh.

But there were falls on a scheduled quadruple Salchow-triple toe loop combination and his triple Axel when the program started for real to the strains of Wolfgang's 5th Symphony by Wolfgang Gartner.

THE CANADIAN PRESS



Two spots locked for finals

Canada's Sebastien Toutant flies through the air during a slopestyle qualification run at the Sochi Winter Olympics on Thursday. Toutant and fellow Canadian Maxence Parrot locked up spots in the men's final, but teammates Mark McMorris and Charles Reid did not make the top four in their respective heats. JONATHAN HAYWARD/THE CANADIAN PRESS

Women's moguls

Ski sisters clinch spots in finals

The Dufour-Lapointe sisters all have a spot in the women's moguls finals at the Sochi Olympics.

Defending champion Hannah Kearney of the United States cruised through qualifying on Thursday, posting a score of 23.05, well clear of Montreal's Chloe Dufour-Lapointe (22.64) for the top spot.

Justine Dufour-Lapointe (22.28) took third and Maxime Dufour-Lapointe (20.88) finished eighth, assuring all three sisters a spot in the finals. All three sisters declined to speak to the media after qualifying to concentrate on preparing for Saturday's final.

Quebec City's Audrey Robichaud also qualified, placing ninth with a score of 20.61.

It's a return to Olympic competition for Robichaud, who qualified for the 2006 Turin Olympics at age 17 before missing out on the 2010 Vancouver Games.

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WHAT CANADA DID

THURSDAY

SNOWBOARD

Men's Slopestyle Qualification - Heat 1: y-Sebastien Toutant, L'Assomption, Que., 3rd (87.25); x-Charles Reid, Mont-Tremblant, Que., 9th (75.50); **Heat 2:** y-Maxence Parrot, Bromont, Que., 1st (97.50); x-Mark McMorris, Regina, 7th (89.25).

Ladies' Slopestyle Qualification - Heat 1: y-Spencer O'Brien, Courtenay, B.C., 3rd (82.75); **Heat 2:** x-Jenna Blasman, Kitchener, Ont., 6th (60.25).

y- advances to final; x- advances to semifinal

FREESTYLE SKIING

Ladies' Moguls Qualification - y-Chloe Dufour-Lapointe, Montreal, 2nd (22.64); y-Justine Dufour-Lapointe, Montreal, 3rd (22.28); y-Maxime Dufour-Lapointe, Montreal, 8th (20.88); y-Audrey Robichaud, Quebec City, 9th (20.61).

y- advances to final

FIGURE SKATING

Team Men Short Program - Patrick Chan, Toronto, 3rd (89.71).

Team Pairs Short Program - Meagan Duhamel, Lively, Ont., and Eric Radford, Balmertown, Ont., 2nd (73.10)

THURSDAY'S RESULTS

FIGURE SKATING

At Sochi, Russia

Team Event

Men's Short Program

1. Yuzuru Hanyu, Japan, 97.98; 2. Evgeny Plushenko, Russia, 91.39; 3. Patrick Chan, Toronto, 89.71; 4. Yan Han, China, 85.52; 5. Florent Amodio, France, 79.93.

6. Peter Liebers, Germany, 79.61; 7. Jeremy Abbott, United States, 65.65; 8. Yakov Godorozha, Ukraine, 60.51; 9. Matthew Parr, Britain, 57.40; 10. Paul Bonifacio Parkinson, Italy, 53.94.

Pairs Short Program

1. Tatiana Volosozhar and Maxim Trankov, Russia, 83.79; 2. Meagan Duhamel, Lively, Ont., and Eric Radford, Balmertown, Ont., 73.10; 3. Peng Cheng and Zhang Hao, China, 71.01; 4. Stefania Bertoni and Ondrej Hotarek, Italy, 70.31; 5. Marissa Castelli and Simon Shnapir, United States, 64.25. 6. Maylin Wende and Daniel Wende, Ger-

many, 60.82; 7. Vanessa James and Morgan Cipres, France, 57.45; 8. Narumi Takahashi and Ryuichi Kihara, Japan, 46.56; 9. Julia Lavrentieva and Yuri Rudyk, Ukraine, 46.34; 10. Stacey Kemp and David King, Britain, 44.70.

SNOWBOARD

At Krasnaya Polyana, Russia
Top 3 results from each Heat

QUALIFYING

(Start position in parentheses)

Heat One — Run One

1. (12) Peetu Piiroinen, Finland, 90.75; 2. (10) Chas Guldmond, United States, 86.00; 3. (5) Niklas Mattsson, Sweden, 82.75.

ALSO

5. (7) Sebastien Toutant, L'Assomption, Que., 74.25; 8. (3) Charles Reid, Mont-Tremblant, Que., 54.50.

Run 2

1. (8) Staale Sandbech, Norway, (45.25; 94.50) 94.50; 2. (7) Sebastien Toutant, L'Assomption, Que., (74.25; 87.25) 87.25; 3. (14) Jamie Nicholls, Britain, (62.25; 86.75) 86.75.

ALSO

7. (3) Charles Reid, Mont-Tremblant, Que., (54.50; 75.50) 75.50.

Heat 2 — Run 1

1. (6) Sven Thorgren, Sweden, 94.25; 2. (4) Maxence Parrot, Bromont, Que., 91.75; 3. (10) Clemens Schattschneider, Austria, 90.00.

ALSO

12. (9) Mark McMorris, Regina, 29.50.

Run 2

1. (4) Maxence Parrot, Bromont, Que., (91.75; 97.50) 97.50; 2. (3) Roope Tonteri, Finland, (33.75; 95.75) 95.75; 3. (1) Gjermund Braaten, Norway, (12.75; 91.25) 91.25.

ALSO

5. (9) Mark McMorris, Regina, (29.50; 89.25) 89.25.

Final Ranking

1. Maxence Parrot, Bromont, Que., (91.75; 97.50) 97.50 (QF); 1. Staale Sandbech, Norway, (45.25; 94.50) 94.50 (QF); 2. Roope Tonteri, Finland, (33.75; 95.75) 95.75 (QF); 2. Peetu Piiroinen, Finland, (90.75; 80.00) 90.75 (QF); 3. Sven Thorgren, Sweden, (94.25; 36.75) 94.25 (QF); 3. Sebastien Toutant, L'Assomption, Que., (74.25; 87.25) 87.25 (QF).

ALSO

7. Mark McMorris, Regina, (29.50; 89.25) 89.25 (QS); 9. Charles Reid, Mont-Tremblant, Que., (54.50; 75.50) 75.50 (QS).

WOMEN'S SLOPESTYLE

Top 5 results from each Heat

QUALIFYING

(Start position in parentheses)

Heat One

Run One

1. (11) Torah Bright, Australia, 85.25; 2. (4) Spencer O'Brien, Courtenay, B.C., 82.75; 3. (5) Isabel Derungs, Switzerland, 82.50.

Run 2

1. (5) Isabel Derungs, Switzerland, (82.50; 87.50) 87.50; 2. (11) Torah Bright, Australia, (85.25; 80.00) 80.00; 3. (6) Christy Prior, New Zealand, (67.50; 70.50) 70.50

ALSO

4. (4) Spencer O'Brien, Courtenay, B.C., (82.75; 65.00) 65.00; 5. (7) Aimee Fuller, Britain, (44.50; 39.00) 39.00.

Heat 2

Run 1

1. (6) Jamie Anderson, United States, 93.50; 2. (2) Anna Gasser, Austria, 89.50; 3. (8) Elena Koenz, Switzerland, 86.25.

ALSO

5. (4) Jenna Blasman, Kitchener, Ont., 60.25.

Run 2

1. (2) Anna Gasser, Austria, (89.50; 95.50) 95.50; 2. (10) Karly Shorr, United States, (45.00; 84.75) 84.75; 3. (11) Jessika Jenson, United States, (34.00; 58.50) 58.50.

ALSO

4. (4) Jenna Blasman, Kitchener, Ont., (60.25; 51.50) 51.50; 5. (3) Silje Norendal, Norway, (31.00; 39.00) 39.00.

Final Ranking

1. Anna Gasser, Austria, (89.50; 95.50) 95.50 (QF); 1. Isabel Derungs, Switzerland, (82.50; 87.50) 87.50 (QF); 2. Jamie Anderson, United States, (93.50; 93.50) 93.50 (QF); 2. Torah Bright, Australia, (85.25; 80.00) 85.25 (QF); 3. Elena Koenz, Switzerland, (86.25; 38.00) 86.25 (QF); 3. Spencer O'Brien, Courtenay, B.C., (82.75; 65.00) 82.75 (QF).

ALSO

6. Jenna Blasman, Kitchener, Ont., (60.25; 51.50) 60.25 (QS).

FREESTYLE SKIING

At Krasnaya Polyana, Russia

WOMEN'S MOGULS QUALIFYING

Run 1

1. Hannah Kearney, United States, 23.05 (Q); 2. Chloe Dufour-Lapointe, Montreal, 22.64 (Q); 3. Justine Dufour-Lapointe, Montreal, 22.28 (Q); 4. Eliza Outtrim, United States, 21.51 (Q); 5. Perrine Laffont, France, 21.34 (Q).

ALSO

8. Maxime Dufour-Lapointe, Montreal, 20.88 (Q); 9. Audrey Robichaud, Quebec City, 20.61 (Q).

Horoscopes

Aries

March 21 - April 20

Focus on what you desire more than anything and there is a great chance you will get it. Your mind is a powerful tool. If you use it to make a request, the universe will respond.

Taurus

April 21 - May 21

Do you carry on with a difficult task or do you end it and focus on something a bit easier? Only you can decide but it does seem a bit of a waste to give up on it so soon.

Gemini

May 22 - June 21

The changes you make on the work front over the next few days will have huge effects over the coming months, so think carefully and, if there is any doubt, leave things as they are for the time being.

Cancer

June 22 - July 23

Whatever kind of news you receive over the next 24 hours, you are advised to keep an open mind. A couple of weeks from now, you will have more important issues to deal with. So, don't take what you hear now too seriously.

Leo

July 24 - Aug. 23

You need to make a decision about a partnership or relationship matter. If you don't, the issue will be taken out of your hands and other people will make the decision for you.

Virgo

Aug. 24 - Sept. 23

It's important that you don't let anxieties get the better of you, especially where your health is concerned. You tend to fear the worst for no good reason at this time of year but eventually your fears will fade.

Libra

Sept. 24 - Oct. 23

Put the finishing touches on something creative, something that could bring you the recognition you feel you deserve. Even if it doesn't make you rich and famous, it will still be a job well done.

Scorpio

Oct. 24 - Nov. 22

If you must get involved in a dispute between friends, make sure you are even-handed. If you give the impression that you favour one side more than the other, you will make things worse than if you had left it alone.

Sagittarius

Nov. 23 - Dec. 21

Change is good, change is positive, so whatever else you do today, don't fight the changes that come your way. You were designed by the cosmos try out new things.

Capricorn

Dec. 22 - Jan. 20

If you want something enough, you'll find a way to get it but it may cost you a great deal of time and energy. You have to decide whether the sacrifice is worth it.

Aquarius

Jan. 21 - Feb. 19

You have this feeling that if you don't act quickly, you'll miss out on something big. Maybe you're right, but is it really important? The planets urge you to focus on what you've already begun.

Pisces

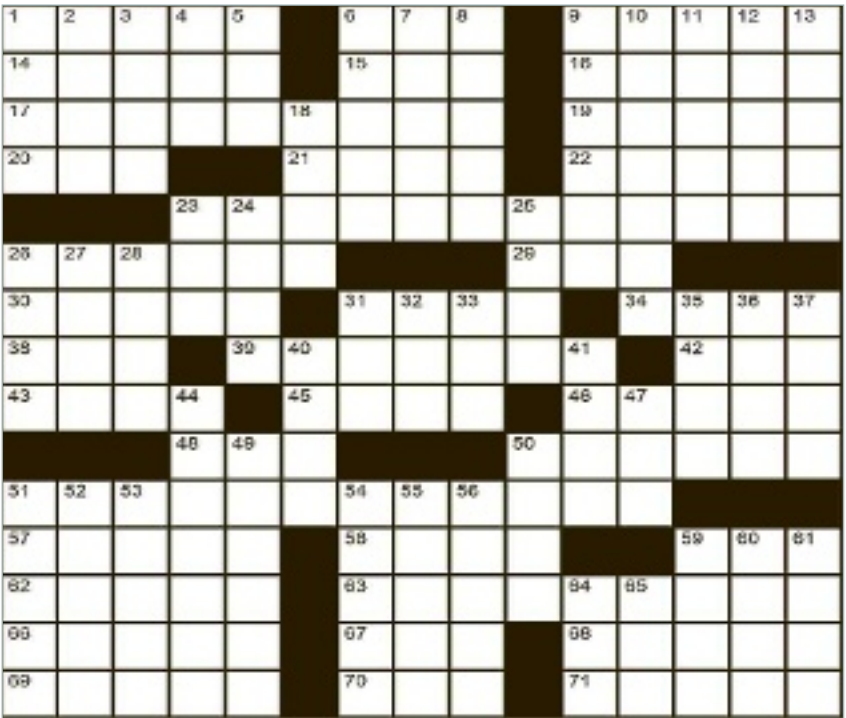
Feb. 20 - March 20

What society tells you is important and what your inner voice tells you is important are likely to be different. You should never go against your instincts. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Anton Chekhov play, Uncle ____
6. The ____-i-Noor Diamond
9. Sedimentary rock
14. 'E' of TSE
15. ____ pro nobis (Pray for us, in Latin)
16. Carpentry joint, mortise and ____
17. "Reach for the Sky (____ Mix)" by Maestro Fresh Wes feat. Classified & Blue Rodeo
19. Grain fungus
20. Consumed
21. "Soap" surname
22. Awaken
23. February 7th, 2014 - Winter Olympics: Canada's flag-bearer at the Opening Ceremony, Hayley ____
26. Stick to
29. 'Opt' suffix
30. Radiance
31. Feudal system land
34. Jennifer of "Pride and Prejudice" (1995)
38. Long period
39. 1957: Russian satellite, ____ 1
42. ____ lamp
43. Field
45. Nullify
46. ____ spot on the team
48. Baking meas.
50. Cadbury treat,



- Crispy ____
51. Russian pianist/composer, b.1873 - d.1943 [var. sp.]
57. Spry
58. Organic compound
59. Discuss
62. Library item
63. St. Petersburg, Russia: The State ____ Museum
66. W. ____ Wilson (Canadian entrepreneur)
67. Hi-____ graphics
68. Jean-____ (Montreal metro station)
69. "Rawhide" role
70. City in Russia, Ulan-____
71. Thespian's home

- Down
1. Singer/songwriter Suzanne
2. Quite often: 2 wds.
3. Egypt's river
4. Greeted, Rocky-style
5. Cash dispenser, commonly
6. Imaging company
7. Pontificate
8. Guitarist, Eddie Van ____

9. "Connected" by ____ MC's
10. Lorde album: 'Pure ____'
11. Canadian pollster, Dr. ____ Reid
12. On the lam
13. Insert
18. ____ A Sketch (Retro toy)
23. Obi-____ Kenobi
24. Frosts

25. Sound system sort
26. On the briny
27. Thunder god
28. Prong
31. Playfulness
32. "____ be nice if..."
33. Lanois' U2 co-producer
35. Hey-you're-in-my-way device
36. "The Mod Squad" role, ____ Hayes
37. "In the Valley of ____" (2007)
40. Insect stage
41. Sawing cut
44. Olympics competitor
47. Montreal musician, Melissa ____ der Maur
49. Extracts metal from ore
50. Musicals star Mr. Wilkinson
51. Darted past: 2 wds.
52. Ancient marketplace
53. Spotted cat-like mammal
54. Jacket type
55. Marvin Gaye/Tammi Terrell hit: "You're All ____ to Get By"
56. Scandinavian
59. Bash
60. Worked up
61. Singer, _____. King
64. Possessive pronoun
65. Ink-on-skin pic

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



-10°/-14°
Partly cloudy

Saturday



-8°/-14°
Variable

Know what the weather
will be 14 days from now.
Check the 14 day trend.

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